

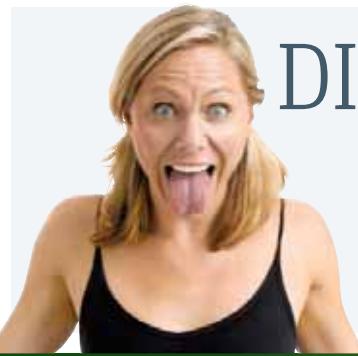


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Tuesday, October 9, 2012



Justice minister not sold on vehicle seizures



Cars are seen whizzing by on Deerfoot Trail Monday. Alberta's justice minister and solicitor general says he would like to explore other options before moving to implement automatic vehicle seizures in an effort to curb speeding. LISA WILTON/METRO

Hesitation. Jonathan Denis says he's heard complaints from civil liberties groups, wants to see other approaches first



JEREMY
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Alberta's top political crime-fighter is tapping the brakes on a proposal to automatically seize drivers vehicles if they're caught travelling well in excess of the posted speed limit.

Justice Minister and Solicitor General Jonathan Denis said while the ultimate decision on the idea — which has gained the backing of both the Calgary and Edmonton police chiefs in recent weeks — will be left in the hands of Transportation Minister Ric McIver, he would like to see other options explored to curb speeding first.

"I would like to pursue

Quoted

"I think the best public policy is not formed with a knee-jerk reaction."

Justice Minister and Solicitor General Jonathan Denis

all other avenues before we go down that road.... I think the best public policy is not formed with a knee-jerk reaction," Denis said.

McIver has said his ministry is exploring the idea and Edmonton Police Chief Rod Knecht, who heads the Alberta Association of Chiefs of Police, will make a pitch on the matter in the fall.

Earlier this year, Knecht suggested drivers speeding excessively, over 50 kilometres above the limit, aren't getting the message through fines and demerits and seizures are necessary to get them to slow down.

Denis did note that Alberta police already have the power to seize vehicles in extreme cases, such as street racing

By the numbers

- Talk of automatically seizing vehicles caught going more than 50 km/h over the speed limit comes as data provided to Metro by the justice ministry suggests the total number of Alberta motorists caught at such rates is actually declining.

- In all, 1,332 drivers were convicted for travelling at such high speeds in the 2007-2008 fiscal year, but that number dropped to 1,003 in 2010-2011 and rose just slightly to 1,035 in 2011-2012.

and driving without a licence.

Former Airdrie special constable-turned-court agent Dean Marsh said each incident should be left to the officer's discretion.

"I don't think we need to automatically seize vehicles," he said. "You have got to look at all the circumstances."

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Problems apparent prior to girl's death: Grandmother

Crime. Father, stepmother formally charged Monday in killing of six-year-old Meika Dawn Jordan

 JEREMY NOLAIS
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Nearly every day since her young granddaughter was murdered, Donna Guttman has checked a Facebook page created in honour of the child, often posting fond memories of her own.

Six-year-old Calgary girl Meika Dawn Jordan loved to dance and sing, and Guttman, who shared her home with Meika for the first three years of the youngster's life, loved to watch and listen.

"Meika was such a good kid — we were very close," she said Monday just hours after police announced second-degree murder charges against Jordan's father, Spencer Jordan, and her stepmother, Marie Magoon, in connection with the girl's death last November. "I miss everything about her to be honest with you."

But Guttman, whose daughter Kyla is Meika's biological mother, admits she had concerns about her granddaughter's time in the Temple home where she was ultimately found unconscious last November.

The child later died in hospital. Police have maintained that only Jordan and Magoon had access to Meika at the time of her death.

Guttman revealed Monday that just weeks prior

Caregivers charged

- Spencer Jordan and Marie Magoon were arrested without incident on charges of second-degree murder late Sunday.
- Both accused are scheduled to appear in a Calgary court Tuesday.

to her death, Meika, her younger brother and the two caregivers now accused in her death were found living temporarily in a homeless shelter.

"We knew things weren't right," she said. "It wasn't fair to those children."

Police said last week that besides the blunt-force trauma that ultimately killed the six-year-old, Meika also suffered a third-degree burn on her hand and other undisclosed injuries prior to her death.

Police Staff Sgt. Doug Andrus said that, while specifics on Meika's death will only be revealed in court, the motives involved in child homicides often differ greatly from those involving adult victims.

"Caregivers harm their children for reasons such as crying, bed-wetting, or out of frustration or resentment," Andrus said.

Guttman said she's now focused on helping her daughter regain custody of Meika's brother, who was placed in a kinship care program during the nearly year-long police investigation.

"We just paid for a little girl's funeral, we don't have money to put out for a lawyer, unfortunately," she said. "Our fight goes on."



Meika Dawn Jordan, 6, is seen riding a carousel in this photo posted on a Facebook page created in her honour. The youngster died of injuries suffered in a Calgary home last November. FACEBOOK.COM

Beef recall. XL Foods asks for licence back, prompting new CFIA inspection

The Canadian Food Inspection Agency will be conducting a detailed assessment on Tuesday of the Alberta processing plant at the heart of a massive beef recall.

The review follows a written request from XL Foods Inc. to have its licence reinstated.

A slew of problems was uncovered following the discovery of E. coli in meat products from the Brooks, Alta., facility.

In a Monday afternoon conference call CFIA officials said this week's assessment won't necessarily green-light the plant to reopen.

Contaminated meat

11

11 people across Canada have become ill with E. coli in a strain that is linked to XL Foods

"This is a pre-resumption of operation inspection, in no way it should be construed as they will be in production at this point," said Dr. Harpreet Kochhar, the executive director of Western operations for the food agency. THE CANADIAN PRESS

Autopsy scheduled

Beltline death considered suspicious

Police hope an autopsy scheduled for Tuesday will shed more light after a man's body was found in the Beltline area over the weekend.

Officers were called to the 1400 block of 4th Street S.W. around 4 a.m. Saturday amid reports of a disturbance. A man's body was found outside an apartment building. Staff Sgt. Doug Andrus said Monday that no suspects are in custody and the death is still considered suspicious.

Stolen cars

Hunt on for driver who plowed into Midnapore home

Police continue to search for drivers of two cars, one of which plowed into a southeast Calgary home at about 10:15 p.m. Sunday.

An officer spotted two vehicles speeding in the Midnapore area, but by the time he turned to pursue the cars, one had plowed into an area home and the drivers had fled on foot.

"Both vehicles were stolen," said Staff Sgt. Jon James Monday. "We have absolutely no descriptions (of the drivers) whatsoever." JEREMY NOLAIS/METRO

Police investigation

Boy, 9, killed in southern Alberta ATV accident

A nine-year-old boy was killed Saturday when an ATV he was riding rolled over. RCMP in Picture Butte were called around 8 p.m. and were told the boy, who was passenger, was not breathing.

STARS air ambulance was dispatched to meet ground crews in Lethbridge, but when the boy arrived at the hospital he was pronounced dead.

A collision analyst was called in, and police continue to investigate. METRO

Diplomat visits Russian student severely beaten in Calgary jail

International incident.

Russian community upset at lack of charges in jailhouse beating



**ROBSON
FLETCHER**

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Russia's consul general travelled to Calgary on Monday and called on the Alberta government to take responsibility for a Russian student who was severely beaten at the Calgary Remand Centre on Aug. 20.

Vladimir Pavlov, the highest-ranking consular official for the region, travelled from Toronto to meet with Denis Telyakov, 24, who remains in hospital at the Foothills Medical Centre.

Speaking through a translator, Pavlov said he wants to see "a full recovery for Denis on this soil, in Canada."

That echoes a call from the victim's sister, Elena Romanova, who left Moscow on Aug. 22 to care for her injured brother in Calgary.

She said Telyakov was in a coma for weeks but can now respond to verbal cues and clutch others' hands.

Misunderstanding

- Denis Telyakov was arrested on Aug. 18 and charged with uttering threats, in an incident his sister described as a misunderstanding.
- The charge was stayed on Sept. 18, according to Alberta Justice.

Romanova also wants the province to cover his ongoing medical costs.

A letter from Telyakov's insurer states that because he suffered injuries while in custody, "his medical expenses are covered by the Province of Alberta."

Whether that is indeed the case, however, was unclear on Monday.

"When an individual is not in the custody of Justice and Solicitor General, the department is not responsible for their healthcare," spokesman Josh Stewart wrote in an email.

An Alberta Health spokesman said Monday health coverage rules "are the same for everybody" and it's "irrelevant" if a person was in custody or not.



Elena Romanova holds a picture of her injured brother, Denis Telyakov. Beside her is Russian Federation consul general Vladimir Pavlov, who travelled from Toronto to visit Telyakov in a Calgary hospital on Monday. ROBSON FLETCHER/METRO

Venezuelans in Alberta sad to see Chavez re-elected



Venezuelans who came from across Western Canada — mostly from Alberta — to vote at the consulate in Vancouver on Sunday express support for their home country. ROBSON FLETCHER/METRO

Hundreds of Venezuelans living in Alberta who travelled to Vancouver over the weekend to cast ballots in their home country's national election were disappointed to see Hugo Chavez re-elected president.

"We like our country, but we would like our country in a different way than it is right now," said Carlos Serrato of the Venezuelan Canadian Association of Calgary. Serrato had been hoping opposition candidate Henrique Capriles would break

14 years of Chavez's rule in the South American nation, but the incumbent was returned to office with 54 per cent of the vote on Sunday. Of 767 ballots cast at the consulate, Josue Ramirez, who helped organize support for Capriles in Calgary, said 750 were for Capriles.

Nora Paris's ballot was among them. The engineer said she left Venezuela after being black-balled for opposing the Chavez government and being unable to find work.

She now lives in Fort McMurray with her husband and children aged four and two, all of whom travelled to Vancouver via car and then plane in order to participate in the election.

"Why I cast my vote and why I spent all this time and money trying to do so is because the rest of my family is there (in Venezuela)," Paris said, fighting back tears. "I got very emotional when I heard Capriles accepting the defeat."

ROBSON FLETCHER/METRO

Travelling votes

- Venezuelans living in Western Canada had to visit the consulate in Vancouver twice to vote: first in April to register, then on Sunday to cast ballots.

- A Venezuelan-Canadian organization in Vancouver estimates more than 600 voters came from Alberta.

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West LRT could be open by Dec. 10; operators preparing to start shifts

The new West LRT line could open by early December — back on the original schedule for the major transit expansion.

The transit union has stated publicly that operators are preparing for shifts starting on Dec. 10 and, if that indeed happens, Ald. Richard Pootmans would be delighted.

"Dec. 10 was always the target date and what happened was that there were delays getting the land ready," he said Monday.

"But, because of an enor-

Quoted

"We will not know if Dec. 10 is a reality until such time as the line is handed over to the transit team, sometime in the month of October."

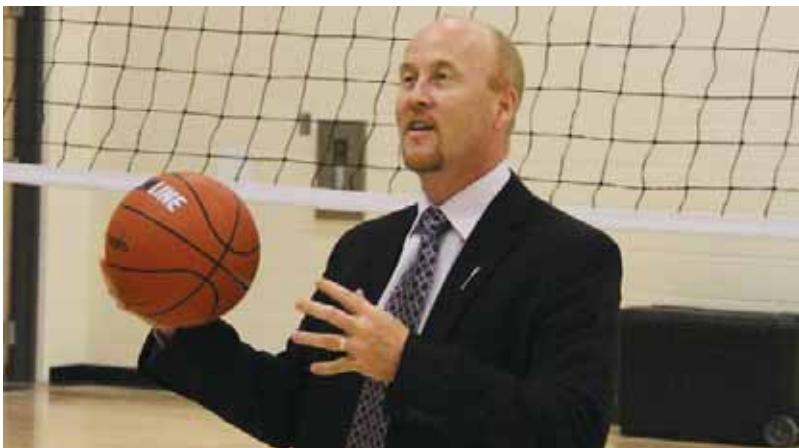
Ald. Richard Pootmans

mous amount of co-operation and hard work, it looks like that might be possible."

While the change will mean the loss of an express bus, Pootmans said studies clearly show the new line will mean faster commutes for most.

"Change brings with it some challenges for some people, in terms of their daily routines, but for the vast, vast majority of people, this line will be an improvement in the quality of their service," he said.

ROBSON FLETCHER/METRO



Alberta Education Minister Jeff Johnson shoots some hoops during the opening of a new school earlier this year. The minister has deemed innovation a major criterion for placing new schools in the province. METRO FILE

Innovation a key selling point for new school locations: Minister

Waiting game. Details remain under wraps on which communities will receive new schools pledged by Tories during election campaign

 **JEREMY NOLAIIS**
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Alberta school boards are being asked to get in touch with their creative sides when pitching the province on their need for new schools.

Aside from community growth pressures and potential health risks in schools that need replacing, provincial Education Minister Jeff Johnson said innovation will play a major role in determining which communities are on the receiving end of 50 new schools his Tory government has pledged to build over the next four

Quoted

"We need to make sure that we are getting our infrastructure dollars to stretch as far as they can."

Jeff Johnson, Alberta education minister

years.

"We are trying to set that bar with school boards that the expectation is that they're part of the community and they will reach and work with the other potential partners in the community to make that school the best possible place it can be for the kids," Johnson said of his innovation initiative.

The province has also pledged to renovate 70 existing facilities.

Dubbed by Johnson as "community hubs," new school concepts can incorporate existing facilities into their designs or tack on areas for general community use. The thinking is to utilize the centre's full poten-

tial where traditional schools would typically be quiet during evening and weekend hours.

Frank Coppinger, the Calgary Board of Education's superintendent for facilities, said the organization has already begun reassessing a school's place in the community and pointed to its latest high school request to the province, known currently as Northeast Calgary High, as an example.

The school would be constructed next to the Genesis Centre of Wellness in Martindale and attending students would utilize the fitness, gymnasium and library facilities already in place there.

"We will be working joint parking facilities... During the day it will be high school parking and during the evening it would be community parking," Coppinger added. "It's very much a joint exercise at that site."

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Power-broker

Turkey now a major critic of Assad regime

Turkey, which shares a 911-kilometre frontier with Syria, nearly went to war with its neighbour over Syrian support for Turkish Kurdish rebels in the 1990s. The relationship improved dramatically since Bashar Assad came to power in 2000, and the two countries reached out to build economic ties. But now, Turkey has become one of the most vocal critics of the Assad regime, accusing it of savagery.

The rebels who are trying to bring down Assad have used Turkey as their base, enraged the regime.

Turkey became a regional power in the past decade, backed by a growing economy, emerging democratic credentials and historical and cultural links to neighbours. It pursued pragmatic links with authoritarian leaders, but shifted to a pro-democracy position as uprisings swept the Middle East.

From the outset of the Syrian crisis, Turkey has tried to position itself as a major player and power-broker — something some observers say was a miscalculation based on overconfidence in Ankara's influence over Damascus. As recently as April, Davutoglu told Parliament that Turkey "will continue to guide the wave of change in the Middle East."

THE ASSOCIATED PRESS



An elderly Syrian woman, who fled her home due to fighting between government forces and rebels, chants "Allah" inside her tent at a refugee camp near the Turkish border, in Azaz, Syria, Sunday. MANU BRABO/THE ASSOCIATED PRESS

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Attacks on Turkey sending a deliberate message: Observers

Syrian conflict. Military intervention involving foreign powers still not on the table

Syria's cross-border attacks on Turkey in the past week look increasingly like they could be an intentional escalation meant to send a clear message to Ankara and beyond, that the crisis is simply too explosive to risk foreign military intervention.

With Turkey eager to defuse the crisis, the spillover of fighting is giving new life to a long-shot political solution, with the Turks floating the idea of making President Bashar Assad's longtime vice-president, Farouk al-Sharaa, interim leader if the president steps aside.

A military option — which would involve foreign powers that already have expressed a deep reluctance to getting involved — is still not on the table, analysts say, despite six consecutive days of Turkish retaliation against bombardment from inside Syria.

The Syrian conflict has taken a prominent role in the

Quoted

"Syria is aware that Turkey cannot go a step further.... The Turkish people don't want a war and there are no vital national interests at stake to warrant a war. Syria sees this."

Ali Tekin, assistant professor of International Relations at Ankara's Bilkent University

U.S. presidential election at a time when the U.S. and its allies have shown little appetite for getting involved.

On Monday, Republican candidate Mitt Romney said the U.S. should work with other countries to arm the Syrian rebels, allowing the rebels to drive Assad from power themselves. Romney did not call for the U.S. to directly arm the Syrian rebels.

The most recent flare-up between Syria and Turkey started Wednesday, when a shell fired from Syria slammed into a house in the Turkish border village of Akcakale, killing two women and three children. That set off the most serious and prolonged eruption of violence along the frontier since the uprising began nearly 19 months ago.

Although it was not clear

whether Wednesday's shelling was intentional, Turkey responded swiftly by firing back and convening parliament for a vote that authorized further cross-border military operations if necessary.

Turkish Prime Minister Recep Tayyip Erdogan cautioned Damascus not to test Turkey's "limits and determination." But the Syrian shelling has continued every day — leading many observers to conclude the acts are intentional provocation.

"It's not an accident. You can't send shells across the border by mistake five days in a row," said Mustafa Alani, a Middle East analyst of the Geneva-based Gulf Research Center, just hours before Syrian shelling struck Turkey for a sixth day.

There have been no other

reports of casualties from the shelling since Wednesday's deaths.

According to Alani, escalating the crisis serves as a reminder to NATO, Turkey and the West that Syria's civil war can inflame the region with lightning speed. The threat of a spillover is likely to pressure Western powers into drafting a political solution, part of which could involve Assad's exit from power, rather than his being toppled by force.

A political solution, Alani said, could prevent Assad "ending up like Gadhafi."

Libyan leader Moammar Gadhafi was captured and killed by rebels on the outskirts of his hometown of Sirte last year, and his corpse was put on public display in a refrigerated locker for several days.

While Ankara maintains that the shells are coming from the regular Syrian army, Paul Salem of the Carnegie Middle East Center, a Beirut-based think-tank, did not exclude the possibility of "other sources, a rebel unit, firing across the border, trying to create conditions for Turkey to intervene in Syria." THE ASSOCIATED PRESS

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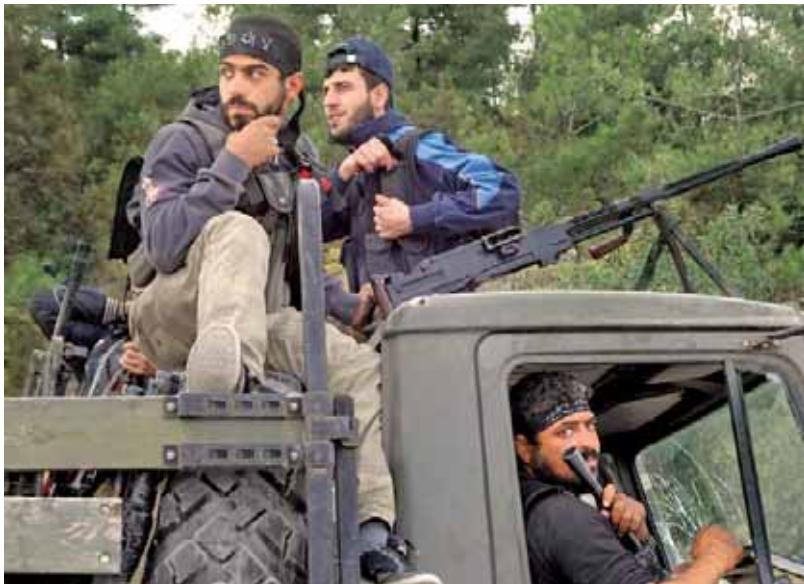
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Free Syrian Army fighters sit on top of a military truck that was captured from the Syrian army in the village of Khrbet al-Jouz, in the northern province of Idlib. The Turkish state-run Anadolu news agency said Sunday that the rebels had regained full control of Khrbet al-Jouz. EDLIB NEWS NETWORK/THE ASSOCIATED PRESS

Syrian casualties

An activist group said Monday the number of people killed in the conflict crossed the threshold of 32,000 over the weekend, and the pace is accelerating.

- The Britain-based Syrian Observatory for Human

Rights said it counted 32,079 dead as of Sunday — among them 22,980 civilians and civilians-turned fighters, 7,884 members of the Syrian military and 1,215 army defectors fighting alongside the rebels.

- In the past week alone, more than 1,200 people were killed, according to the head of the observatory, Rami Abdul-Rahman, who said he only counts named victims or those whose death is verified by other means.

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Penn State scandal. Jerry Sandusky set to stress his innocence at sentencing

Jerry Sandusky's lawyer said Monday "it's as certain as certain can be" that the former Penn State assistant football coach will address the judge and assert his innocence before he is sentenced on 45 counts of child sexual abuse.

Nobody else is expected to speak on Sandusky's behalf during the sentencing hearing Tuesday in Bellefonte, Pa., defence lawyer Joe Amendola said.

"What I anticipate he'll say is that he's innocent," Amendola said outside the courthouse.

The lawyer said others, including Sandusky's wife, have submitted letters on his behalf and that Dottie Sandusky stands by her husband and will attend the sentencing.

"He's going to fight for a new trial," Amendola said. He said "the important thing"



A privacy tunnel is erected Monday at the Centre County Courthouse in Bellefonte, Pa. THE ASSOCIATED PRESS

about sentencing for the defence "is it starts the appellate process."

Sentencing is expected to begin with a hearing to determine if Sandusky qualifies as a sexually violent predator, after which Sandusky will be sentenced. THE ASSOCIATED PRESS

Artistic movement. Man arrested after declaring he defaced Rothko mural

British police on Monday arrested the man who told journalists he was responsible for scrawling graffiti on a mural by modern American master Mark Rothko at London's Tate Modern museum.

Scotland Yard launched its investigation after the mural, one of Rothko's Seagram series, was defaced Sunday with what appears to be the words "Vladimir" and "a potential piece of yellowism."

Vladimir Umanets, who identifies himself as the co-founder of an artistic movement he calls "Yellowism," told journalists he was behind the graffiti. According to an online manifesto, Yellowism is an artistic movement run by Umanets and another person.

Quote

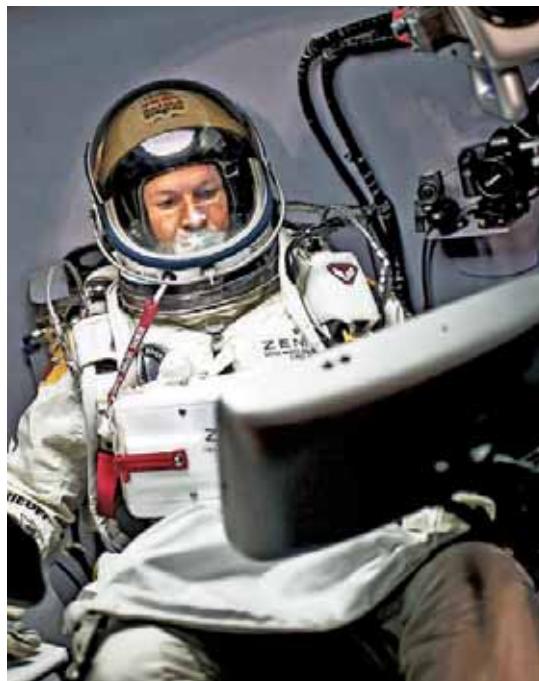
"I didn't destroy this picture, I put something new."

Vladimir Umanets

Earlier Monday, Umanets told Britain's Press Association news agency that he wanted to draw people's attention to his movement, which he described as "an element of temporary visual culture."

"The ... difference between Yellowism and art is that in art you have got freedom of interpretation. In Yellowism you don't have freedom of interpretation, everything is about Yellowism."

THE ASSOCIATED PRESS



Austrian skydiver Felix Baumgartner prepares for an attempt at a record free fall. THE ASSOCIATED PRESS



Skydiver to try record free fall

Extreme sport.

'Fearless Felix' to attempt highest, fastest jump in history

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in history.

If he survives, the man dubbed "Fearless Felix" could be the first skydiver to break the sound barrier. If he doesn't, a tragic fall could be live-streamed on the Internet for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloon-hoisted capsule 37 kilometres above Roswell, New Mexico, on Tuesday morning. He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger's speed of 988 kph was just shy of breaking the sound barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July.

And while he and his

team of experts recognize the worst-case scenarios — including "boiling" blood and exploding lungs — they have confidence in their built-in solutions. Those solutions are something NASA is watching closely. The space agency is interested in the potential for escape systems on future rocket ships.

The No. 1 fear is a breach of Baumgartner's suit, which could cause potentially lethal bubbles to form in his bodily fluids, a condition known as boiling blood.

There are also risks he could spin out of control, causing other problems.

THE ASSOCIATED PRESS

Retirement

After Tuesday's jump, Baumgartner plans to retire.

- Baumgartner, who has made more than 2,500 jumps from planes, helicopters, landmarks and skyscrapers over the past 25 years, promises this jump will be his last.

- He says he plans to settle down with his girlfriend and fly helicopters on mountain rescue and firefighting missions in the U.S. and Austria.

Reason to switch:

"There is always a TD bank close by wherever I am."

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Mistaken identity leads to tragedy



Mourners at the funeral for U.S. Border Patrol agent Nicholas Ivie on Monday.

BENJIE SANDERS/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

The U.S. Border Patrol agent killed in a shooting in southern Arizona apparently opened fire first and wounded one of the other agents, but was killed in the return fire.

The two sets of agents approached an area where a sensor had been activated from different directions early Tuesday and encountered each other in an area of heavy brush, National Border Patrol Council president George McCubbin said on

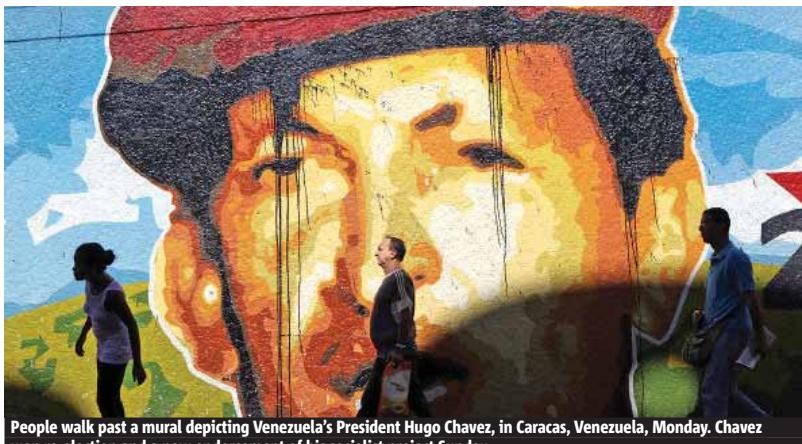
Sunday.

Agent Nicholas Ivie apparently opened fire first and wounded one of the other agents, but was killed in the return fire.

"I don't know what it was he saw or heard that triggered this whole event," McCubbin said. "Unfortunately it resulted in his death and another agent injured."

The shooting occurred in a rugged hilly area near the border close to Bisbee, Arizona, an area known for illegal trafficking.

THE ASSOCIATED PRESS



People walk past a mural depicting Venezuela's President Hugo Chavez, in Caracas, Venezuela, Monday. Chavez won re-election and a new endorsement of his socialist project Sunday. RODRIGO Abd/The Associated Press

Venezuelans give Chavez six more years

Patronage. Incumbent spent heavily before the vote, building public housing and bankrolling expanded social programs

ened and sobered, having reconfirmed his masterful political touch but also winning by his tightest margin yet. Challenger Henrique Capriles said while conceding defeat that his campaign had launched a new political force and that he would keep working for change.

The 58-year-old leader now has a freer hand to push for an even bigger state role in the economy and deepen friendships with U.S. rivals. Meanwhile, he's under pressure to address nuts-and-bolts governance issues such as soaring crime rates, power blackouts and double-digit inflation.

Chavez emerged from Sunday's vote both strength-

Voter

"Chavez isn't to blame for the people who surround him."

First-time voter and student Brenda Aguirre, saying she is willing to forgive "El Comandante" for his shortcomings

cent, Chavez only got 551,902 more votes this time around than he did six years ago, while the opposition boosted its tally by about 2.1 million. Chavez appeared to acknowledge the opposition's growing clout during a boisterous victory speech late Sunday night.

THE ASSOCIATED PRESS

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Environment Canada

Officials blamed for doing their job

Prime Minister Stephen Harper sharply rebuked Environment Canada bureaucrats last year for overstepping their authority. But a 600-page internal file obtained by The Canadian Press shows the officials had in fact received a green light from senior levels at Environment Canada.

THE CANADIAN PRESS

Traffic accident

Speed trap turns deadly for officer

A Quebec provincial police officer has died from injuries suffered during a speed-trap operation north of Montreal. Donovan Lagrange, 33, was struck on the side of a highway Saturday afternoon while walking back to his own vehicle after pulling over a car near Bois-des-Filion.

THE CANADIAN PRESS

Benefits plan

Aboriginal health claims under fire

Several pharmacies have come under scrutiny from the company that handles claims made to the aboriginal health-benefits plan, documents show. Express Scripts Canada raised questions about claims with mismatched paperwork, unauthorized prescriptions and high dispensing fees.

THE CANADIAN PRESS

Francophonie Summit

Harper to meet Quebec premier

Prime Minister Stephen Harper will come face-to-face this week with Pauline Marois for the first time since she was elected premier of Quebec. The two leaders will both be travelling to the Democratic Republic of the Congo for the Francophonie Summit.

THE CANADIAN PRESS

Suspected theft

Tall ship takes surprise voyage

Police are looking for suspects after a tall ship took an unexpected voyage in the Halifax harbour. Police say they received a call from the owner of the tall ship Silva early Monday, who alleged the vessel was intentionally set free from its mooring. The Silva has since been retrieved.

THE CANADIAN PRESS

Motorcoach crash

Bus not permitted in U.S., say feds

U.S. federal investigators say a motorcoach from Toronto involved in a crash that injured 23 people on a New Jersey exit ramp this weekend was not permitted to be in that country. The Federal Motor Carrier Safety Administration says it is probing the Canadian company.

THE CANADIAN PRESS

Delays likely in suspect's extradition

Triple-homicide charges. Quebec man on the run captured in Florida after police chase



Justin Bresaw CONTRIBUTED

A man who was captured in Florida and is facing charges for a triple homicide in Quebec may not be brought back to Canada any time soon.

Quebec provincial police filed a request to have Justin Bresaw extradited but it's not clear when he will be returned to Canada.

"Right now, Mr. Bresaw is detained in Florida and he's facing charges (down) there," police spokesman Marc Tessier said Monday. "After the due process is done in the United States, he will be brought back here to face charges of a triple murder here in Canada."

The 35-year-old Bresaw was the subject of a Canada-wide arrest warrant and an alert by Interpol after a house fire last month in Amos, a town in northern Quebec.

He is facing first-degree murder charges in relation

to the two men and a woman found dead in the home.

After eluding police for more than two weeks, Bresaw was spotted in Tallahassee, Fla., on Sunday, charging a laptop in an electrical outlet behind a church.

An officer who tried to arrest Bresaw was left with a gash on his face and a broken nose after he fell into a metal support beam during a tussle, David Northway, a spokesman for Tallahassee police, said.

Bresaw is facing charges in Florida that include resisting an officer with violence and battery on an officer.

THE CANADIAN PRESS



Being clingy is a good thing during wife-carrying contest

The crowd reacts to Chad Mars' slippery footing as he enters the water hazard carrying Caitlin Haynes on Saturday at the 2012 North American Wife Carrying Championship in Newry, Maine. Mars ended up falling but was able to regain his composure quickly, and the two finished with a time of 1:20.99, putting them in 22nd place. The event features men carrying women on their backs while negotiating an obstacle course featuring hurdles, sand traps and a water hazard. The event is inspired by Finnish folklore, and the carrying method is up to the couple.

AMBER WATERMAN/THE ASSOCIATED PRESS

Reason to switch:

"Banking with TD means I can bank to fit my schedule."

Alan K
Calgary

Metropolitan Panel

TD

One dead. Plane crashes into lake west of Ottawa, investigators en route

Ontario Provincial Police say a person is dead after a small plane crashed into a lake near Calabogie, about two hours west of Ottawa.

The single-engine Socata TBM 700 plane reportedly went down just before 12:30 p.m. Monday.

The identity of the person killed has not been released to the public.

Sgt. Kristine Rae says officers are getting to the crash site via ATVs due to its remote location.

Impact

Provincial police say that the plane was "blown apart" upon impact.

Initially, an Ornge rescue air ambulance had also been dispatched but it has since been cancelled.

Investigators with the Transportation Safety Board are en route.

THE CANADIAN PRESS

Marineland. Protesters seek end to alleged abuse

Dozens of protesters rushed the gates of Marineland in Niagara Falls, Ont., on Sunday demanding an end to what they called the abuse of whales, dolphins and other animals at the amusement park, but the situation was quickly brought under control, police and organizers said.

"No one was really expecting what happened today, but it happened and I feel the anger that people feel," said Dylan Powell of Marineland Animal Defence, one of the groups behind the protest.

The protesters say they

want to end animal captivity and their goal is to close down the theme park.

A crowd that Niagara Region Police estimated at about 800 gathered outside the park property and a group of about 150 rushed the front gates near the show area.

"People did enter into the park. It wasn't part of the demonstration schedule, obviously," said Powell.

Protesters and police confirmed that those who entered the park managed to shut down a dolphin show.

THE CANADIAN PRESS

A full-page advertisement for Chevrolet featuring a red Chevrolet Cruze driving on a road. The top left features the Chevrolet bowtie logo and the text 'MASSIVE MODEL YEAR END EVENT'. The top right features the text 'LOWEST PAYMENTS OF THE YEAR' and financing offers for the Cruze. The bottom section highlights the 2012 Cruze LS, Equinox LS, and Silverado 1500 EXT 4X4 models with their respective financing options and fuel efficiency ratings.

Rare disease dubbed 'Sleeping Beauty'

Sleep disorder. Little known about Kleine-Levin syndrome, which traps adolescents in extended slumbers

There was nothing sweet about Kaitlyn Terrana's 16th birthday. And she has virtually no recollection of her last birthday, her 17th, either. She slept through both of them.

At a time when the teenager should be living each day to the fullest, she is trapped in a roughly six-week cycle in which she has no choice but to take to her bed, slumbering for about 10 days at a time.

Kaitlyn has developed an extremely rare condition called Kleine-Levin syndrome, or KLS, and it is stealing her life away.

"Kind of like the day before, I start feeling really tired and

it's really hard for me to focus in class," she says from her home in Hamilton, Ont. "And then after that, I'm just gone for 10 days. I have to sleep, I can't stay awake."

Her mom, Kathy Terrana, has to closely monitor Kaitlyn when she experiences one of these sleeping periods, saying her daughter can't be left alone.

"In the beginning of her episodes, she starts off being very, very tired," she says. "By late evening I can usually tell that, yes, she is starting an episode, because she doesn't talk, she doesn't converse with anybody."

"It's not very nice to say, but it's almost like she's a walking zombie, because when they're in their episodes they can be walking around but they don't know what's going on around them. So there's no empathy, there's no feeling whatsoever. She's in a complete fog."

Dreamworld

"It's kind of like a dream.... That's how (it is) 10 days of my life."

17-year-old Kaitlyn Terrana, describing her experience with Kleine-Levin syndrome

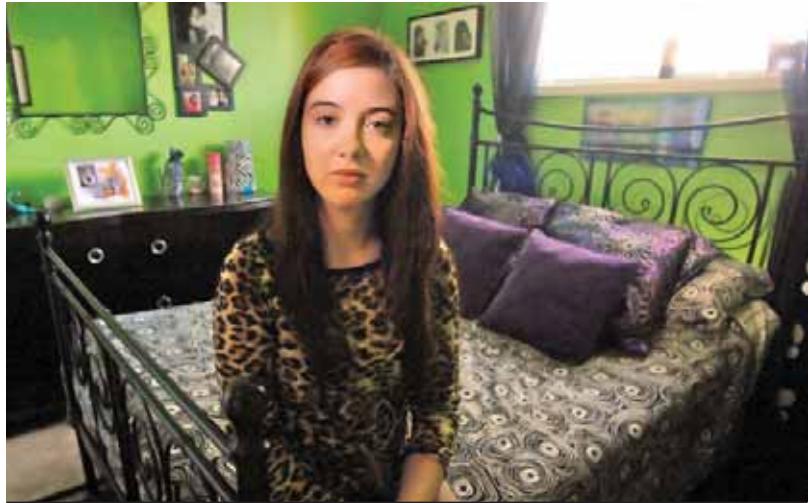
Once an episode starts, Kaitlyn can easily sleep 20 or more hours at a stretch.

Little is known about KLS because the condition is so rare. Doctors don't know what causes it and there are no treatments or cure.

The syndrome affects at least twice as many boys as girls, and onset is usually during adolescence. Typically, the episodes last from 10 to 15 years, then disappear as mysteriously as they began.

Kaitlyn had her first attack two years ago when she was 15.

THE CANADIAN PRESS



Kaitlyn Terrana, 17, poses in her bedroom at her family's home in Hamilton, Ont., on Sept. 29. The 17-year-old has developed Kleine-Levin syndrome, an extremely rare condition, nicknamed "Sleeping Beauty" disease, that's marked by intermittent episodes in which she sleeps 16 or more hours a day for 10 days at a time. SHERYL NADLER/THE CANADIAN PRESS

Nobel prize awarded for groundbreaking discovery

Two scientists from different generations won the Nobel Prize in medicine Monday for the groundbreaking discovery that cells in the body can be reprogrammed to become completely different kinds, potentially opening the door to growing customized tissues for treatments.

The work of British researcher John Gurdon and Japanese scientist Shinya Yamanaka — who was born the year Gurdon made his discovery — has raised hopes of developing transplant tissue to treat diseases like Parkinson's and diabetes. And it has spurred a new generation of laboratory studies into other diseases, including schizophrenia, that may lead to new treatments.

Their work paved the way to making the equivalent of embryonic stem cells without the ethical questions that embryonic cells pose.

Their findings have revolutionized our understanding of how cells and organisms develop, the Nobel committee at Stockholm's Karolinska Institute said in announcing the eight-million kronor (\$1.2-million) award. It was the first of this year's Nobel Prizes, with five more awards to be announced by next Monday.

At the time of the initial findings, the discovery had "no obvious therapeutic benefit at all," Gurdon told reporters in London. "It was almost 50 years before the value — the potential value — of that basic scientific research comes to light."

In 1997, the cloning of Dolly the sheep by other scientists showed that the same process Gurdon discovered in frogs would work in mammals.

"The discoveries of Gurdon and Yamanaka have shown that specialized cells can turn back the developmental clock under certain circumstances,"



Kyoto University Professor Shinya Yamanaka, shown here, and British researcher John Gurdon won this year's Nobel Prize in physiology or medicine.

CHRIS GOODFELLOW/GLADSTONE INSTITUTES/THE ASSOCIATED PRESS

the committee said. "These discoveries have also provided new tools for scientists around the world and led to remarkable progress in many areas of medicine."

Just last week, Japanese scientists reported using Yamanaka's approach to turn skin cells from mice into eggs that produced baby mice.

THE ASSOCIATED PRESS

Nobel Prize in medicine

- Who won?** Britain's John Gurdon, 79, currently with the Gurdon Institute that he founded, and Japan's Shinya Yamanaka, 50, who worked at the Gladstone Institute in San Francisco and Nara Institute of Science and Technology in Japan. He is now at Kyoto University.

- For what?** In 1962, the year Yamanaka was born, Gurdon showed that the DNA from specialized cells of frogs, like skin or intestinal cells, could be used to generate new tadpoles. In 2006, Yamanaka showed that mature cells could be turned back into primitive cells, which in turn could be prodded into different kinds of mature cells.

- Significance.** The discoveries showed that the body's mature, specialized cells can be reprogrammed into stem cells — a discovery that scientists hope to turn into new treatments without destroying human embryos. Scientists want to harness the reprogramming to create replacement tissues for treating diseases such as Parkinson's, cystic fibrosis and diabetes, and for studying the roots of diseases in the laboratory.

- Gurdon.** "It is particularly pleasing to see how purely basic research, originally aimed at testing the genetic identity of different cell types in the body, has turned out to have clear human health prospects."

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One step closer

Study results suggest modest success of new Alzheimer's drug

Combined results from two studies of an experimental Alzheimer's drug suggest it might modestly slow mental decline, especially in patients with mild disease.

Taken separately, the studies missed their main goals to significantly slow the mind-robbing disease. But pooled results found 34 per cent less decline in mild Alzheimer's patients compared to those on a dummy treatment for 18 months.

Doctors say the results do not seem strong enough to win approval of the drug now. But they show researchers are on the right track by trying to clear the sticky deposits that clog patients' brains.

The drug is being developed by Eli Lilly & Co. and is called solanezumab. Results were reported Monday at an American Neurological Association conference in Boston.

About 35 million people worldwide have dementia, and Alzheimer's is the most common type. Current medicines just temporarily ease symptoms. There is no known cure.

THE ASSOCIATED PRESS

Medical research. Trial of new drug successful in reducing stroke numbers

A Canadian effort to develop a drug to limit the brain damage caused by strokes has made an important step forward.

Scientists involved in the project reported Sunday that in a trial conducted on patients undergoing repair of brain aneurysms, the drug, called NA-1, reduced the number of post-procedure strokes by about half.

This is rare good news in the quest to develop a neuro-protective drug, a field where more than 1,000 compounds

have been tested, and all failed.

The researchers themselves have founded a biotechnology company — NoNO Inc. — to finance the work, because the pharmaceutical industry has essentially left the field. NoNO means "no nitric oxide," the free radical produced during a stroke that damages brain tissues.

Dr. Michael Hill is the first author on the scientific paper outlining the findings, published in the journal Lancet Neurology. THE CANADIAN PRESS

U.S. court to look at race in college admissions

Legal debate. The Supreme Court will consider whether to limit or rule out taking race into account

Nine years after the U.S. Supreme Court said colleges and universities can use race in their quest for diverse student bodies, the justices have put this divisive social issue back on their agenda in the middle of a presidential election campaign.

Nine years is a blink of the eye on a court where justices can look back two centuries for legal precedents.

But with an ascendant conservative majority, the high court in arguments Wednesday will weigh whether to limit or

even rule out taking race into account in college admissions.

The justices will be looking at the University of Texas program that is used to help fill the last quarter or so of its incoming freshman classes. Race is one of many factors considered by admissions officers.

The rest of the roughly 7,100 freshman spots automatically go to Texans who graduated in the top eight per cent of their high school classes.

The simplest explanation for why affirmative action is back on the court's calendar so soon after its 2003 decision in *Grutter v. Bollinger* is that the author of that opinion, Sandra Day O'Connor, has retired.

Her successor, Justice Samuel Alito, has been highly skeptical of any use of racial preference. **THE ASSOCIATED PRESS**

He is or isn't. N.Y. court mulls if gang member is homegrown terrorist

In August 2002, a New York City street gang crashed a christening party, shouted out their superiority, confronted a rival and started a fight that left a 10-year-old girl dead and someone else paralyzed.

On Tuesday, New York's top court will consider whether one of the gang members is a homegrown terrorist.

Edgar Morales, a member of the Mexican-American gang the St. James Boys, sought to intimidate an entire popula-

tion and deserves more prison time than others convicted of the same crimes, Bronx prosecutors say. They got him convicted for the shooting death in 2007 under the state's anti-terrorism statute, the first case of its kind in New York.

They applied a statute that New York lawmakers passed just six days after hijackers crashed two jetliners into the World Trade Center towers on Sept. 11, 2001, killing nearly 3,000 people. **THE ASSOCIATED PRESS**

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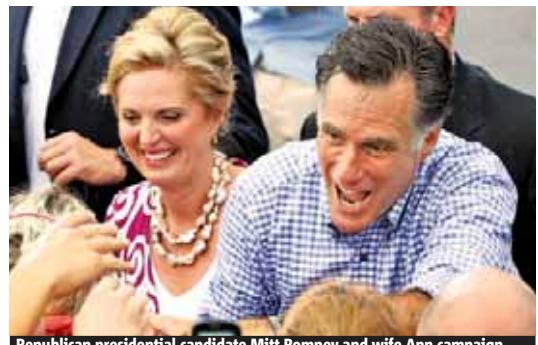
Presidential race. Romney takes jabs at Obama over Syria

Republican Mitt Romney, flashing new confidence on the campaign trail as polls showed him gaining ground in a tight race, assailed President Barack Obama's leadership in the Middle East on Monday and declared the U.S. must join other nations in helping arm Syrian rebels.

Hoping to bolster his own

foreign policy credentials, Romney said he would identify and organize those in the Syrian opposition who share American values, then work with American allies to "ensure they obtain the arms they need to defeat Assad's tanks, helicopters and fighter jets."

THE ASSOCIATED PRESS



Republican presidential candidate Mitt Romney and wife Ann campaign Sunday in Port St. Lucie, Fla. Romney's campaign is working hard to chip away at U.S. President Barack Obama's advantage among early voters.

CHARLES DHARAPAK/THE ASSOCIATED PRESS FILE

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Auto industry. GM to hire up to 1,500 at tech centre

General Motors plans to hire up to 1,500 workers to staff a new computer-technology centre outside Detroit.

It is part of a move to bring 90 per cent of information technology in-house, which GM believes will make the company more nimble and efficient. The carmaker plans to hire 10,000 people at four new technology centres in the next three to five years.

The centres will help get breakthrough ideas into the

company's cars and trucks, GM says.

Last month the company announced it would hire 500 people for a centre in Austin, Texas. The remaining two sites haven't been announced.

The hiring reverses a trend toward outsourcing computer jobs at GM. But spokeswoman Julie Huston-Rough said most carmakers strike a balance between doing computer work in the company and hiring outside firms. **THE ASSOCIATED PRESS**

Chinese tech giants

U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms, Huawei Technologies and ZTE Corp., because they pose a security and espionage threat to the U.S., the House Intelligence Committee warned Monday. **THE ASSOCIATED PRESS**

Original programming

YouTube launches European channels

YouTube is extending its original programming initiative into Europe, with at least 60 new video channels from media companies including Britain's BBC, London-based FreemantleMedia and the Netherlands' Endemol. **THE ASSOCIATED PRESS**

EU. Official more confident amid launch of new fund

The European Union's financial affairs chief is "less pessimistic" about the future of the euro than he was earlier this year — but warned that the region still has a long way to go before the crisis over too much debt is solved.

Olli Rehn, the EU's financial and monetary affairs commissioner, said the organization's ability to react to the financial crisis in the 17 countries that use the euro has much improved compared with two years ago when the crisis began.

He also welcomed the offi-

By the numbers

\$647.9B

The new fund will eventually have \$647.9 billion US at its disposal, which will be used to buy up the bonds of countries whose borrowing costs are becoming unmanageable. It will also lend money if needed.

cial launch Monday of Europe's new \$647.9-billion US permanent bailout fund, the European Stability Mechanism. **THE ASSOCIATED PRESS**

Pop machines to list calories

Waist watch. Move by soft-drink firms comes ahead of regulation

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' fingertips.

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending machines to post calorie information as early as next year.

"They're seeing the writing on the wall and want to say that it's corporate responsibility," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which advocates for food safety and nutrition.

Quoted

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices."

Mike Jacobson, executive director of the Center for Science in the Public Interest

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally. **THE ASSOCIATED PRESS**



Supply chain to space

Is this the future of commercial cargo? SpaceX's supply ship, shown here at Cape Canaveral Air Force Station in Florida, took off Sunday night for the International Space Station on its first official trip under a \$1.6-billion US contract with NASA. SpaceX, or Space Exploration Technologies Corp., will make a dozen resupply flights to the space station, an essential service in the post-shuttle era. The unmanned ship consists of a Falcon 9 rocket with a Dragon capsule on top, and should reach the station by Wednesday. **NASA/THE ASSOCIATED PRESS**

Enbridge targets foreign charities in pipeline battle

Organizations founded by an American oil baron and a Silicon Valley philanthropist are among foreign charities targeted by Enbridge in its battle against critics of the proposed Northern Gateway pipeline.

Tens of millions of dollars have been donated to conservation groups and initiatives in B.C., for everything from Earth Day celebrations to aboriginal salmon recovery programs.

It's a point of contention for the pipeline proponent, which has asked the environmental review panel examining the Northern Gateway project to

compel funding information from its critics. The panel returns to B.C. this week for final hearings on the project.

And it's a point of contention for federal Natural Resources Minister Joe Oliver, who earlier this year decried "foreign special-interest groups" that "threaten to hijack our regulatory system to achieve their radical ideological agenda."

Enbridge has singled out charities in requests to the panel, including foundations created by the co-founders of Intel Corporation and Hewlett-Packard. **THE CANADIAN PRESS**



Fawzia Ahmad holds a sign as the group Communities Against Pipelines protests in Vancouver on Friday. The group is opposed to Enbridge's proposed Northern Gateway pipeline. **DARRYL DYCK/THE CANADIAN PRESS**



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For bourbon makers, tourism is booming



In this Oct. 3 photo, visitors to the Jim Beam distillery in Clermont, Ky., sample bourbon during a tour. BRUCE SCHREINER/THE ASSOCIATED PRESS

Spirited marketing.
Once-stodgy industry is pouring big money into visitor attractions

Bourbon fan Tim Allen started his day of sightseeing by sipping whiskeys crafted at a Jim Beam distillery. Where else are pre-lunch nips more commonplace than in Kentucky bourbon country?

"That's smooth as silk," the North Carolinian said after sampling Jim Beam Black, a bourbon aged for eight years before bottling. "If it were close to five o'clock, I would have to do something with that."

Hospitality is overflowing in the once-stodgy bourbon industry, with whiskey makers pouring big money into tourism.

Allen and a buddy from his college days, Woody Parker, were visiting Beam's new \$20-million US visitors centre,

which opened earlier this fall. Four Roses, another bourbon maker, opened a new visitors centre in September. Two more distillers, Wild Turkey and Heaven Hill, are also planning new attractions.

The facilities are outgrowths of the success of the Kentucky Bourbon Trail, which attracted two million visitors in the last five years and a half-million in 2011. Eighty-five per cent of trail visitors are from outside Kentucky, according to Eric

Bourbon central

- Kentucky produces 95 per cent of the world's bourbon. The state has more barrels of bourbon aging in warehouses than it does people.

Gregory, president of the Kentucky Distillers' Association.
THE ASSOCIATED PRESS

Wall Street. Investors wary as Q3 earnings season gets underway

Stocks are lower on Wall Street as investors dread the start of U.S. corporate earnings reports and as the World Bank said Asia's economies won't grow as much as expected this year.

U.S. companies are expected to report lower profits when the earnings season starts Tuesday. FactSet says companies in the Standard & Poor's 500 index are expected to post an overall decline for the first time in almost three years.

The Dow Jones industrial average gave up 26.50 points to close at 13,583.65 points Monday. The Standard & Poor's 500 index fell 5.05 points to 1,455.88 and the Nasdaq composite lost 23.84 points to 3,112.35.

The World Bank warned that a more pronounced slowdown is possible in China, the

By the numbers

3

FactSet says companies in the Standard & Poor's 500 index are expected to post an overall decline for the first time in almost three years.

world's second-largest economy. It also cut its overall growth forecast for developing countries in Asia.

Tuesday also marks the five-year anniversary of the record-high closes of the Dow and the S&P 500. The S&P, a benchmark tracked by many mutual funds, is currently about seven per cent below its record high. The Dow is about four per cent below its peak.

THE ASSOCIATED PRESS

GOOD NEWS TODAY

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Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

ANTHONY JOHNSTON
Metro World News

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or Dr. Oh No.

1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?

(A) She had to sleep with Bond actor Sean Connery to get the part.
(B) Her character's voice was provided by someone else, due to her heavy foreign accent.
(C) She wore a blonde wig.
(D) She had plastic surgery on her lips.

2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?

(A) Dr. No (1962)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) On Her Majesty's Secret Service (1969)

3. Which was the first Bond film to feature the famous car Aston Martin DB5?

(A) From Russia with Love (1963)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) Diamonds Are Forever (1971)

4. George Lazenby is the only James Bond actor not from Great Britain or Ireland. Where is he from?

(A) Australia
(B) Hungary
(C) Canada
(D) New Zealand

5. In Live and Let Die (1973), how does Bond kill drug-trafficking bad guy Kananga?



What drink does Bond order in the poker scene in Casino Royale? HANDOUT



Ursula Andress was the first Bond girl in Dr. No. HANDOUT

(a.k.a. Mr. Big)?

(A) Poisons him with a dart gun
(B) Throws him in the Louisiana

bayou, then eaten by crocodiles
(C) Forces a shark gun pellet into Kananga's mouth, causing him to blow up like a balloon and explode
(D) Falls in a coffin filled with snakes and dies from venomous snakebites

6. In For Your Eyes Only (1981), Bond's arch-nemesis Ernst Stavro Blofeld finally meets his demise. How is he killed?

(A) Falls off a cliff edge after trying to save his cat
(B) Shot in the back by Jaws
(C) Frozen to death in an ice chamber in Iceland
(D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights

Scorecard

Answers: 1. (b) 2. (d) 3. (b)
4. (a) 5. (c) 6. (d) 7. (a) 8. (d)
9. (b) 10. (c)

- **1-3 correct.** Agent Zero
- **4-7 correct.** Double O-kay
- **8-10 correct.** Licence to Thrill

Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.

(1987), what does Bond to-boggan down the snowy hill?

(A) Cello Case
(B) Crate of Bollinger
(C) Wooden sledge
(D) Speed boat

8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?

(A) Tina Turner
(B) Britney Spears
(C) J.K. Rowling
(D) Madonna

9. What drink does Bond order in the poker scene in Casino Royale (2006)?

(A) Vodka Martini, shaken not stirred
(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.
(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne
(D) Rum and coke

10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name?

(A) Lex Luthor
(B) Shredder
(C) Raoul Silva
(D) Keyser Söze

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Who was the best Bond?

"I think, On Her Majesty's Secret Service would be my favourite Bond. It's a hell of a movie, it holds up very well. What I liked about it that we've tried to emulate in [Inception] is there's a tremendous balance of action, scale, and romanticism and tragedy and emotion. Of all the Bond films, it's by far the most emotional."

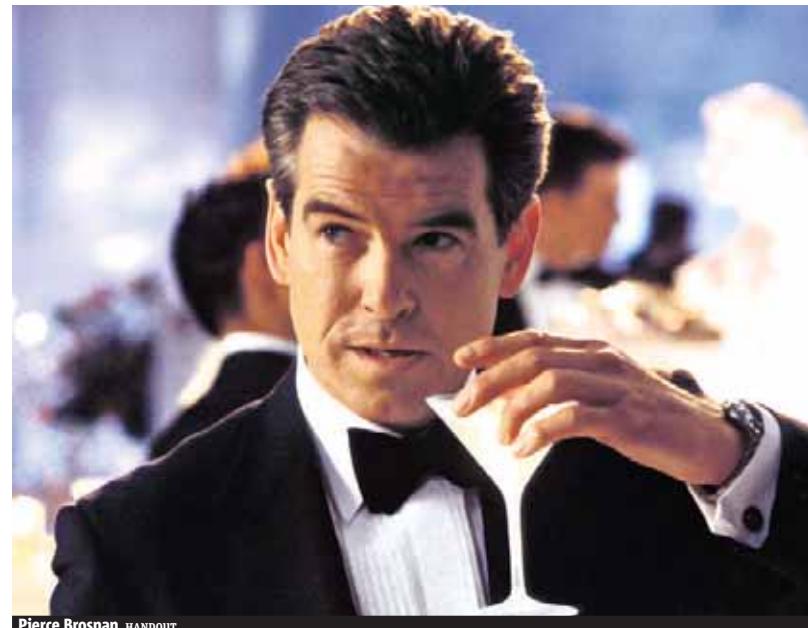
Christopher Nolan, director of The Dark Knight and Inception, talking in Empire Magazine about George Lazenby's turn as Bond.



"I think Roger is the best Bond,

of course. Not just because of being my Bond, but because if you read the early Ian Fleming books describing him, that's how he was. He was a bachelor, unattached, he was luxurious, sophisticated, and he was not available for females so no long term relationships there. I think Roger really portrayed that."

Britt Ekland, Bond girl in The Man with the Golden Gun, talking to the Telegraph about Roger Moore.



Pierce Brosnan. HANDOUT



Roger Moore. HANDOUT

Do you have the heart of Bond?

Quiz. So maybe you don't drive an Aston Martin, but you still might be Bond-like

KIERON MONKS
Metro World News

Our quiz will reveal how you measure up, but be warned: you could also be a lab technician.

You're stepping out to a VIP party — what are you wearing?

- A) A smart outfit but not overdoing it — your face will do the rest
- B) It's what I'm NOT wearing

that matters
C) A cardigan to hide in
D) A graphite suit

You've woken up from the most wonderful dream. What was it about?

- A) Dropping witty one-liners in high society
- B) Being surprised with lobster for breakfast
- C) Finding the Higgs Boson particle
- D) WORLD DOMINATION

Damn — you missed your train. How do you react?

- A) Run after it and nimbly scuttle aboard
- B) Think 'what a tragedy for the passengers'
- C) Wish time travel was real
- D) Shout vile abuse at the driver

Your friend suffers a sprained ankle, what's your treatment?

- A) What friend?
- B) Prod them with a long stick, to check if they are alive
- C) Put your field medic training to good use — you always keep a first aid kit handy
- D) Laugh

Your house is burning down — what one item do you save?

- A) Weapon
- B) Mirror
- C) Briefcase
- D) Cat

Who is your hero?

- A) Winston Churchill
- B) Kim Kardashian
- C) Isaac Newton
- D) Captain Hook

What scares you most?

- A) Honesty
- B) Poverty
- C) A mutant bacterial strain
- D) World peace

What are you doing for your birthday?

- A) Disappearing
- B) P-A-R-T-Y
- C) Feeling uncomfortable around your loved ones
- D) Being obnoxious because you've earned it

What is your deadly sin?

- A) Lust
- B) Pride
- C) Envy
- D) Wrath

What are relationships for?

- A) Ego
- B) Money

Tally

- **Mostly As.** Congrats! You are Bond, you charming sociopath!
- **Mostly Bs.** Do your collars and cuffs match? You are Bond girl.
- **Mostly Cs.** You are Q and will always prefer devices to people.
- **Mostly Ds.** Say hi to your friend, Mr. Kidd. You are a villain and not to be trusted.

- C) Self-esteem
- D) Ruthlessly exposing weakness

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Katy Perry

Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with. Katy Perry has reportedly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online. "John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy, so he wanted to keep her in his life, but

it just wasn't up to Katy's standards."

The pair gave romance a go in August, only to break up after two weeks and then get back together again in September.

"She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booty calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Goodbye to a long marriage of two short people



THE WORD

Dorothy Robinson
scene@metronews.ca



DeVito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about it in The Word. But none of the break-ups I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage, Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny

SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months.

"They are living together now," a source tells Us Weekly. "Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month. "Everyone on the show staff was writing late," a source says.

Twitter



@lindsaylohan
Girls Love Shoes!!!



@jimmykimmel
one thing about the sewer - it's jam-packed with super villains



@mindykaling
I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup sealant



@SteveMartinToGo
Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?

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Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

**ROMINA
MCGUINNESS**
life@metronews.ca

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

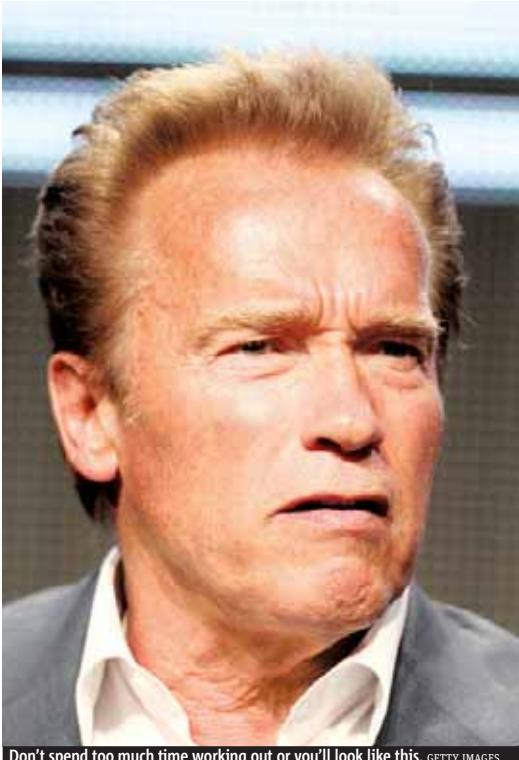
"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of *Yoga Face*. "Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

Still skeptical? Hagen gives us the lowdown on facial yoga.

1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

2. Facial muscles do their own thing.



Don't spend too much time working out or you'll look like this. GETTY IMAGES

"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing

the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something. Don't drag or pull with your fingers. Simply offer a resistance point so that the muscle has something to work against."

4. The results are immediate.

"A Botox jab smoothens the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

5. It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

7. It allows you to age gracefully.

"Everyone's looks will fade. But doing regular facial exercises can help you look your best at any age and even lose a few years. If you're impatient and want an expressionless face, go ahead and (try) turn back time with injections or surgery."

8. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough."

Kapalbhati

Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

How to:

1. Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this to 100.



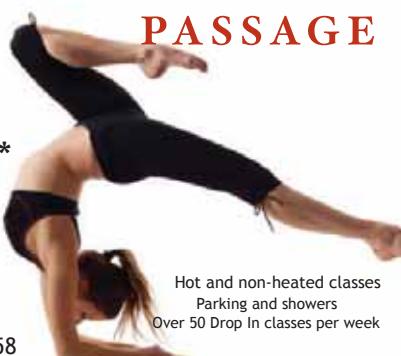
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Trim down Asian fare with these Sweet 'n' Sour Meatballs



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



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Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol (377, 7.7 g and 73 mg per serving, respectively) of ground beef. But feel free to substitute any meat of your choice for the chicken.

- In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.
- In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.
- Meanwhile, bring rice and water to boil; cover and simmer

Ingredients

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 tbsp chopped parsley

10 mins. Remove from heat and let stand 10 mins, covered.

- Serve meatballs and sauce over rice. Garnish with pineapple and parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**
BY ROSE REISMAN

Health Solutions

The frozen truth



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

Weeknight meals during the chilly season need mindless nutrition.

There is no need to default to a ready-made lasagna when a quick frying pan full of high-nutrient food, that is also warming of the belly, is close at hand.

Here are the top items for your freezer if you want to get gourmet and healthy picks right out of the box.

1. Cookin' Greens

Cookin' Greens has a whole line of dark leafy greens ready to be stirred into a soup or pasta.

2. Frozen Shrimp

Frozen shrimp is the fastest cooking, exotic protein to go with your Caesar (salad or beverage).

3. Pizza

Whole grain thin crust pizza can be doctored with

fresh herbs, spinach and pine nuts for fast deliciousness.

4. Edamame

Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

5. Tortellini

Whole grain tortellini makes weeknight meals a snap. Just add salad.

There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AROSEDALEWELLNESS.COM IN TORONTO. SHE IS @ THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Improved outlook for breast cancer patients

Health science. Small advances to research and recovery have those affected living with a higher quality of life

CELIA MILNE

life@metronews.ca

Cure? Not yet.

While no one has hit a home run in curing breast cancer, there have been lots of base hits.

And that is very good news



Breast cancer surgeries are becoming less invasive. ISTOCK PHOTOS

for women.

"Advances may be by themselves modest," says Halifax surgical oncologist Dr. Geoff Porter.

"But when you start adding them up, you see a 40 per cent reduction in breast cancer mortality."

Porter, who is the Ramia Chair in Surgical Oncology at Dalhousie University, says progress does not occur overnight.

"But there is no doubt the research in breast cancer has served patients well."

Metro asked Porter to name the top three advances in breast cancer treatment over the last five years.

The first is that doctors

By the numbers

40%

On balance, women with a breast cancer diagnosis in 2012 have on average 40 per cent less chance of dying of the disease, compared to 1986, says Dr. Porter.

can better understand what medications are most likely to work, based on the genetic profile of the tumour.

"This tells us which patients benefit from which chemotherapy. Conversely, patients aren't getting exposed to something ineffective," says Porter.

Another advance is that

breast cancer surgeries are becoming less and less invasive.

"Five or 10 years ago, women who were having surgery for breast cancer would routinely have a lot of lymph nodes in the underarm removed. In a lot women now, we can avoid that and have a much smaller procedure," says Porter.

The third advance is that women living with metastatic breast cancer — where the cancer has spread to other organs — are living longer and having a better quality of life.

"It makes the outlook for patients diagnosed with breast cancer much better," he adds.

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Superbrain Yoga is a valuable gift from Grand Master Choa Kok Sui. This is a simple yet effective technique to energize and recharge the brain. It is based on the principles of subtle energy and ear acupuncture. The exercise allows the body's energy centers to absorb, digest, and distribute prana to the different parts of the body.

This simple exercise offers benefits not just for children and students, but also for adults seeking brain wellness into their senior years. Patients with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Down syndrome, and other developmental challenges and cognitive delays are also aided by this simple exercise.

Benefits of Superbrain Yoga include, but are not limited to:

- Energizing and activating the Brain to balance the organ
- Increasing inner peace
- Reducing psychological stress and providing greater psychological stability
- Greater intelligence and creativity
- Regulating sex drive
- Partial cleansing and energizing on chakras and auras
- Transforming of the lower energies into higher energies
- Increasing the flow of pranic energies within the body
- Spiritual growth

To learn more about the Superbrain Yoga technique and its application, please visit us at www.bodhiwellbeing.com or contact us at 403-452-1469

Should Rihanna give violent 'love of her life' Brown a second chance?

Pair seen kissing in club. After all that's happened, Barbados pop songstress seems willing to let painful bygones be bygones

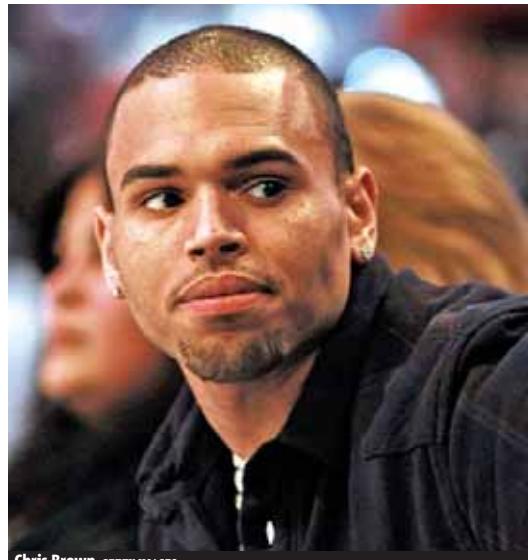
ROMINA MCGUINNESS
life@metronews.ca

Last Monday night, former pop couple Chris Brown and Rihanna were spotted kissing and dirty dancing at a NYC club, fueling speculation that the pair are rekindling their love life.

Rumours of reconciliation between Brown, 23, and Rihanna, 24, have been circling for months. Last February, Brown featured on Rihanna's remix of her song Birthday Cake as the Barbados songstress lent her vocals to Brown's remix of Turn up the Music.

In June, Brown was bottled during a nightclub fight allegedly involving Rihanna's ex boyfriend, Toronto rapper Drake.

But the biggest twist was Rihanna's emotional interview with Oprah Winfrey on Oprah's Next Chapter in Au-



Chris Brown GETTY IMAGES

gust, when the pop star confessed Brown was the "love of her life" and that she'd forgiven him for his violent behaviour.

In 2009, Brown's then-girlfriend Rihanna was left hospitalized with visible facial wounds after Brown allegedly assaulted her.

The infamous incident caused massive public outrage, with fans urging Rihanna to stay away from her ex-boyfriend.

Meanwhile, Brown decided to set the record straight by releasing the following statement, much to the ire of his most recent love



Rihanna GETTY IMAGES

interest 23-year-old model Karrueche Tran: "I have decided to be single to focus on my career. I love Karrueche very much but I don't want to see her hurt over my friendship with Rihanna. I'd rather be single allowing us to both be happy in our lives."

Brown then posted a

video on Twitter, The Real Chris Brown (<http://vimeo.com/50805715>) addressing the Chris-Rihanna-Karrueche love triangle.

Speaking to the camera, he says: "When you share history with somebody then you tend to fall in love with somebody else, it's difficult. Is there such

a thing as loving two people? I don't know if that is possible but I feel like that."

Can we love two people at the same time? Relationship expert David Sbarra has doubts.

"The neurobiology of love makes it quite difficult to be actively 'in love' with two people," Sbarra told Metro.

"When you're in love with someone, so much energy and mental space is devoted to that person, it's very hard to think about two people in this way."

Many people will question how Rihanna can ever forgive Brown for the assault. Sbarra believes, however, that such an incident is "like an old sports injury one can live with."

"The psychological pain of a romantic breakup is like a physical scar or an old sports injury. When it's not too intense, we can play the same sport again, but the injury is still quite raw. Yet over time, we can get to a place where we don't even notice that old injury or hurt."

Right now, Rihanna and Brown seem determined to give their relationship another go. And they're not seeking anyone's blessing.

Greetings from the digital age making life hard for the card

Times are changing.

Big firm Hallmark cuts staff as young Internet users shun the personal touch of mailing cards

Say it's your birthday or you've just had a baby, maybe got engaged or bought your first house. If you're like many North Americans, your friends are texting their congratulations, sending you an e-card or clicking "Like" on your Facebook wall.

But how many will send a paper greeting card? "I'm really, really bad at it," said Melissa Uhl. The 25-year-old nanny from Kansas City, Mo., hears from friends largely through Facebook. "Maybe," she said, "an e-card from my mom."

Once a staple of birthdays and holidays, paper greeting cards are fewer and farther be-

tween – now seen as something special, instead of something that's required. The cultural shift is a worrying challenge for the nation's top card maker, Hallmark Cards Inc., which last week announced it will close a Kansas plant that made one-third of its greeting cards. In consolidating its Kansas operations, Kansas City-based Hallmark plans to shed 300 jobs.

Pete Burney, Hallmark's senior vice-president who oversees production, says "competition in our industry is indeed formidable" and that "consumers do have more ways to connect digitally, online and through social media."

Over the past decade, the number of greeting cards sold in the U.S. has dropped from six billion to five billion annually, by Hallmark's estimates. The Greeting Card Association puts the overall sold figure at seven billion.

Brian Sword, 34, of Kansas City, said he's "definitely" buying and receiving fewer printed

Proof of paper decline

The numbers don't lie

- **Drop.** According to a U.S. Postal Service study, correspondence such as greeting cards fell 24 per cent between 2002 and 2010. Invitations alone dropped nearly 25 per cent between 2008 and 2010.
- **Down one billion.** In the last decade the amount greeting cards sold in the U.S. has fallen drastically from six billion to five billion.

cards than he did a decade ago, though he still prefers to send, and receive, them from close friends and family.

"I do think there are a lot of benefits and it does say more when it comes in a paper card format than when it comes

even as an online greeting card," Sword said.

Even the paper cards people buy have changed. Many people now use online photo sites to upload images and write their own greetings. High-end paper stores are attracting customers who design their own cards, sometimes using graphics software once available only to professionals.

Judith Martin, author of the syndicated Miss Manners column, says she thinks the move away from mass-produced sentiment isn't all bad.

"The most formal situations still require something written," she said. "The least formal are easily taken care of with texting or email, which is terrific. The idea that it has to be all one or all the other and that one method is totally out of date and the other one takes over until the next thing comes along just impoverishes the ways that we can use these different things."

THE ASSOCIATED PRESS



Author of Miss Manners column Judith Martin AP PHOTO/UNIVERSAL UCLICK

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YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates increase. So my

advice is to choose short-term bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations.

Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average.

The best way to buy such bonds is through exchange-traded funds (ETFs). These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs.

Unlike buying individual bonds, which mature on a specific date, ETFs hold a

Corporate bond ETF providers

- **BMO.** etfs.bmo.com
- **RBC.** funds.rbcgam.com/etfs
- **iShares.** ca.ishares.com/home.htm
- **Powershares.** invesco.ca
- **First Asset.** firstasset.com

basket of bonds and roll them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both.

Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee.

Look for the explanation of the index and there you will discover the content of the ETF.

Paying in cash

Sidestepping the taxman



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle. However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars and you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious



There are legitimate tax credits and benefits available if you are looking to save on taxes. iSTOCK IMAGES

implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, health-plan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes

through Revenue Canada's website cra.gc.ca/taxsaving.

If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the contractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.

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ATHABASCA VIRTUAL LAB OPENS DOORS

Making education accessible to everyone is something Athabasca University takes very seriously, and with its new e-lab launching Nov. 2, this mission will be a reality.

Expanding on the Open University concept, this virtual lab will open the doors to education for students at Athabasca University and the general public.

"Our mission is to remove barriers to education," says Dr. Evelyn Ellerman, e-lab co-ordinator.

"The university is now exploring questions of how we can help students find and critically evaluate information online, become competent in the use of online technologies for their own learning and

research, and connect effectively with one another in asynchronous and synchronous environments. The e-lab is meant to be one means of assisting AU to find the answers to such questions."

This e-lab will serve all the practical functions that physical labs have served in the past, but it also anticipates the future in providing an online environment that encourages new forms of learning and professional growth.

Ellerman hopes this lab will change the relationship between students and education and address the Internet age.

This e-lab has been designed to develop and enhance the university's capacity as an online institution and assist in the transition from a print-based university to one that functions primarily online.

This project began in the communication studies program, and the proposal for the e-lab was approved by the university's IT learning and research committee.

Funding was secured from two levels of government.

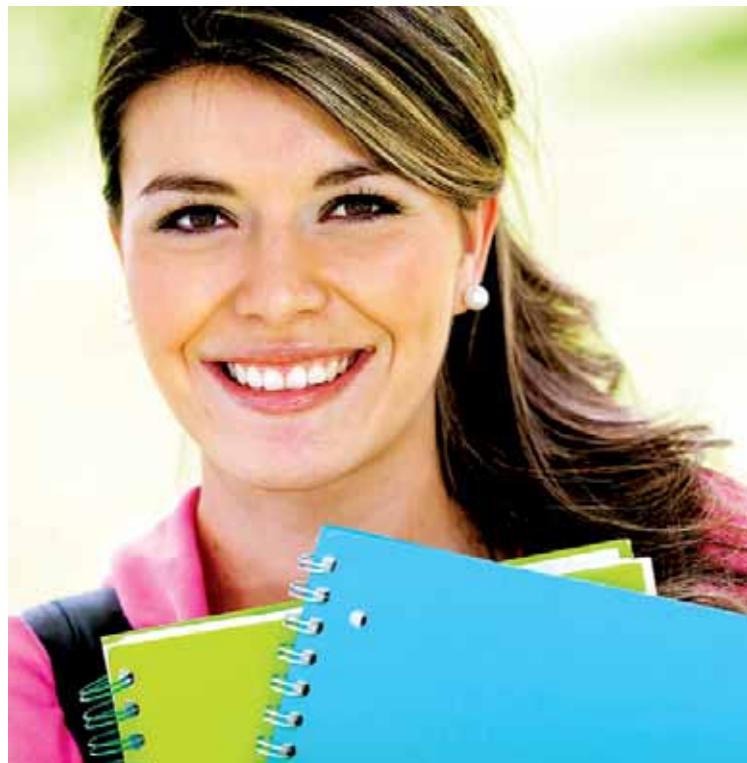
The elements of the e-lab will include: E-portfolios; virtual tool cupboard; social media on the landing; self-guided workshops; research projects; exhibitions; and Canadian film online: Funded by the Canadian Heritage, Canadian Film Online, which provides an interactive database of Canadian feature films since 1960.

For more about the Athabasca University e-lab, visit elab.athabascau.ca.

—with files from Athabasca University



ATHABASCA UNIVERSITY PHOTO



ISTOCKPHOTO/THINKSTOCK

MIDTERM MADNESS

BEST APPROACH IS TO STUDY FREQUENTLY

When studying for midterms, one of the biggest (and most common) mistakes students make is that they cram right before the test.

"The brain just doesn't take in all that ... information at once," says Julie Lockhart, a writing and learning strategist with Mount Royal University in Calgary. "Our brain likes us to break things up into smaller pieces and go over it more than once."

For this reason, students should begin their midterm preparations as soon as classes begin and study the material on a regular basis. Students should use the course syllabus as a guideline for what topics they will need to know for the midterm.

Even if students haven't been doing that, they can apply the same learning principle between now and their midterm. If the midterm is in three days and the student has three chapters to cover, they should plan to study one chapter a day.

In preparing for the midterm, students

shouldn't just re-read the material. In order for the brain to truly absorb the information, people need to do something active with the information.

"They need to go through lots of practice questions," says Elizabeth Challis, a study skills facilitator at the University of Winnipeg. She even recommends that students make up questions based on the lectures and course readings.

"If they can't answer some of the questions, that means they don't know the material well enough," says Challis.

When preparing for a midterm, Joanne Mills, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax, recommends studying in chunks of no more than an hour.

"I do feel that our concentration and focus work primarily for 45 to 60 minutes," she says.

Mills recommends taking a quick break if you feel your mind wandering or are having a hard time staying on task.

—Richard Woodbury



AU student Ann Marie in Edmonton, AB

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Bow Valley College's soon-to-open South Campus in downtown Calgary.

BOW VALLEY COLLEGE PHOTO

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Valley College graduates and the amazing student supports you have access to during your studies at BVC. You will also hear about the soon-to-open South Campus located right across the street and right on the CTrain line. Child care is available on site; however, spaces are limited (please contact recruiting@bowvalleycollege.ca prior to Oct. 20).

Visit bowvalleycollege.ca/openhouse for more details.

You can also find out more about BVC programs and services by visiting bowvalleycollege.ca, by calling 403-410-1402, or by visiting in person to talk with a recruitment specialist at the College's Prospective Student Centre (located on the third floor of the BVC North Campus – 332-6 Ave. SE, Calgary).

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Maybe it was when you looked at your last pay stub. Or when your parents asked you what you were going to do next. Or maybe you just decided it was time for a change. Bow Valley College understands.

Bow Valley College, in partnership with eCampusAlberta, offers more than 60 career programs and 700 courses in administration, business, health care, human services, and justice studies. That means

you can study at BVC's downtown campus, at one of its 20 locations throughout southern Alberta, or in the comfort of your own home — whatever works to suit your busy schedule. BVC calls it "any time, any place, any path, any pace" learning.

A leader in its field, BVC also offers a variety of English language learning, high school upgrading, and continuing education programs.

Find out how easy it is to make the change at the upcoming Bow Valley College Open House on Oct. 20 from 11 a.m. to 4 p.m. at 332 6th Ave. SE.

Tour BVC's newly renovated state-of-the-art downtown North Campus and enter to win one of three iPads, or \$1,000 towards your BVC tuition. You can also talk with staff and instructors about the incredible career opportunities available to Bow

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ST. MARY'S UNVEILS NEW PROGRAM

St. Mary's University College has received approval to launch a four-year bachelor of arts degree in psychology. This program has been designed for individuals who seek a broad and extensive psychology education in the liberal arts and sciences tradition.

"This degree is an important milestone for St. Mary's University College," says Dr. Gerry Turcotte, president of St. Mary's University College. "It meets a huge demand from our students. The degree is timely and the content of the program is outstanding. I'm very excited about this new development."

Approval for the program came from Alberta Advanced Education Minister Stephen Khan and was launched this September.

This new program grounds students in psychological research methods and exposes them to the variety of ways in which human behaviour can be understood. Graduates will be prepared to work in many fields such as mental health, research, politics, education, and social work. With further educational training, the opportunities continue to grow and would allow graduates to consider a number of careers including work as psycholo-



ST. MARY'S PHOTO

gists, mediators, and therapists.

The addition of the four-year psychology gives St. Mary's five current BA degree offerings in general studies, history, psychology, and English. As well, the university offers a two-year bachelor of

education (elementary) degree.

Dr. Alisa McArthur, assistant professor of psychology at St. Mary's, says there has been a great deal of interest in the school's psychology program over the past several years and the development of the new

four-year degree will now be able to offer its students even more opportunities.

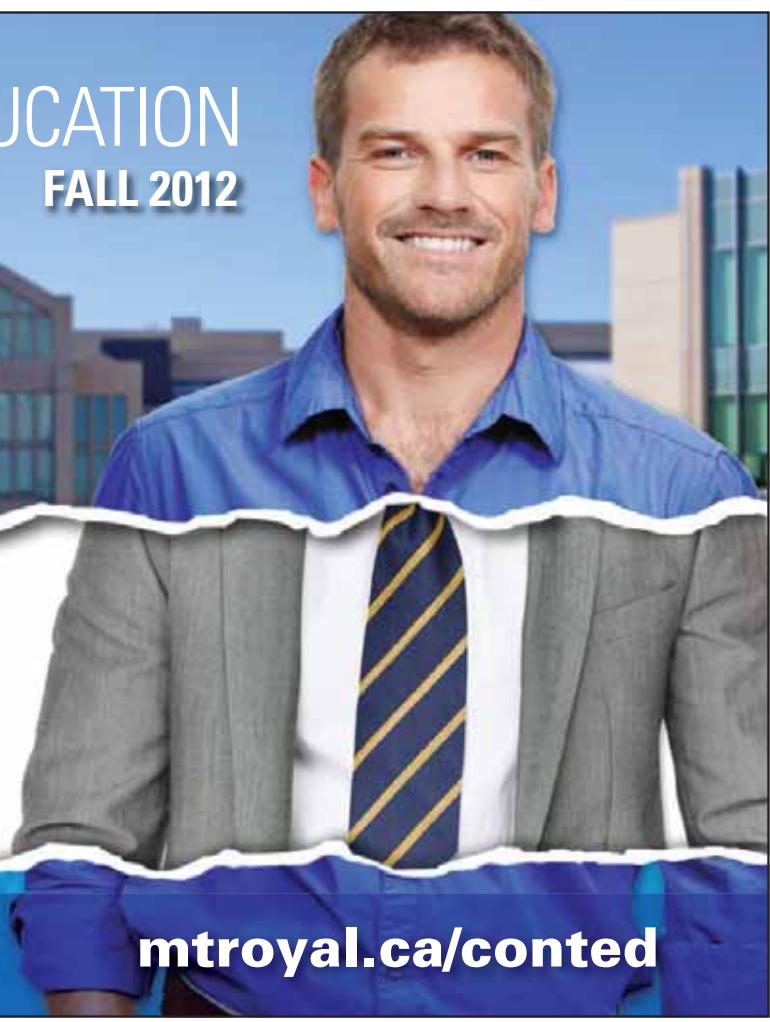
The new degree is now being offered and accepting applications for fall 2013. For those interested in applying, visit apply.stmu.ca/.



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"The business process management program gives students tools, guidance and practical knowledge to assist them to analyze, evaluate and improve their businesses or respective areas of focus," says Charlene Mills Rush, B.Comm, founder and director, consulting and analytics for hr-istics and instructor for the business process management program at MRU.

Students will learn how to use various methods, techniques and tools with the goal to analyze, evaluate and streamline business processes.

"This skill set is needed by organizations in order to execute change and improvement across the organization," says Rush.

Rush says this program will help students understand the relationship between



MOUNT ROYAL UNIVERSITY PHOTO

business, people and technology.

"As business analysts we are now working within a new paradigm of having to evaluate solutions within the context of a more defined future process that a vendor supports as part of their solution offering," says Rush.

"This can be at odds with how we have worked in the past where we interacted more directly with developers and vendors to achieve the project and technology objectives."

According to Rush, this program provides a wider practising audience with the tools needed to start meeting this demand.

From there, they will build on their current skill sets with the aim of being able to analyze and evaluate the specific business processes relevant to their organizational area of focus.

This analysis helps identify opportunities for real process change and improvement.

"This is specifically important as organizations continue to look for operational efficiencies to save costs and become more productive," says Rush.

Within the classroom dynamic of this course, students will also be able to learn from other students in the class, as the

PROGRAM INFO

The business process management extension certificate is available through MRU Faculty of Continuing Education.

It consists of seven courses for a total of 112.5 hours.

The program can be completed in a minimum of two semesters or extended up to three years.

class participants are often highly accomplished managers or practitioners.

"I believe these conversations and brainstorming opportunities provide a rich underpinning of the fundamentals that are being taught," says Rush.

Rush has personally assisted organizations with their business/technology strategies, process analysis and change management activities, complex problem solving and workforce analytics strategy and execution in the HR technology space.

For more information about the business process management program, visit conted.mtroyal.ca/businessprocess.



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Rocky Mountain College has been putting faith back into education for the last 20 years by offering a number of programs aimed at developing students in the Christian faith.

"Rocky Mountain College believes in discipleship that is founded in Biblical truth," says Robert Harris, enrolment director at Rocky Mountain College.

"We offer everything from a certificate to a bachelor of arts degree."

Rocky Mountain College offers a wide range of degrees in ministry, including a bachelor of arts in human services, bachelor of arts in music, bachelor of arts in theology and a bachelor of arts in leadership development.

"Ministry is at the heart of all our programs and for the last 20 years our



ROCKY MOUNTAIN COLLEGE PHOTO

student have broke the mould by landing a wide verity of employment opportunities," says Harris.

Harris says that each student who attends Rocky Mountain College comes with some form of leadership skill and it is up to the college to help the students develop this skill.

"With this solid foundation our students learn to impact the world out of their leadership gift," says Harris.

And to help develop these skills, Harris says students will be learning from excellent leaders and instructors, who truly practise what they preach.

"Our instructors are actually out in the field doing what they are teaching in the classrooms," says Harris.

"This helps students understand it from real life experience."

To learn more about Rocky Mountain College, visit rockymountaincollege.ca or go to yourgoodlife.ca.

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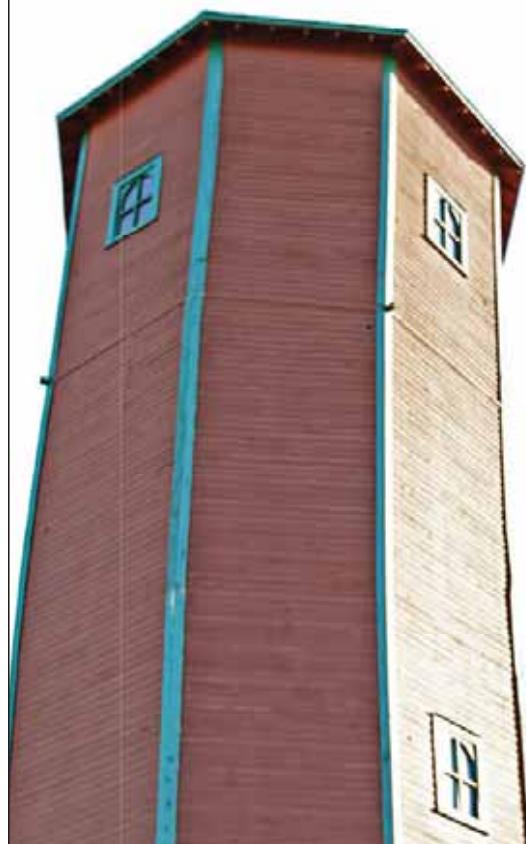


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are emphasized in the context of real-life situations, and relevant reading and writing exercises reinforce this learning.

According to Zoran Bjelanovic, the director of the Berlitz Learning Centre in Calgary, "By totally immersing a student in the new language, we simulate the real-life situations in which he or she will be using the language, and eliminate the cumbersome process of introducing a concept first in the student's language and then in the target language. This 'direct' approach is the essence of the Berlitz Method® and it really works."

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SAIT offers many diverse fast-track programs to get you started in a career you

will love. These programs start in both September and January each year, and are a short five months in length.

Pharmacy assistants receive and prepare prescriptions, manage inventory and work with the public.

Sterile processing technicians play a key role in disease prevention; cleaning, packaging, sterilizing, storing and handling sterile supplies and surgical instruments.

Health information office assistants manage health-care offices, and field incoming telephone calls, handle patient records and ensure the doctors are on

schedule.

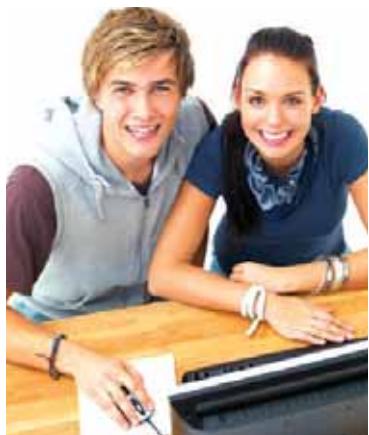
Medical laboratory assistants enjoy working with people, have an interest in biology, and collect, process and prepare patient specimens, enter data, perform electrocardiograms, and carry out basic laboratory procedures.

One of these programs may be the perfect fit for you. Take the Find Your Fit quiz at findyourfit.ca.

To apply for programs starting in January 2013, visit sait.ca. Applications open for September 2013 at SAIT open house on Oct. 19-20. For more, call 403-284-8500.



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THERE'S NO WAITING AT ACADEMY OF LEARNING

The job you want is waiting for you.

"The current employment market is very strong, but employers are still looking for skilled workers," says Brady Sylvester, admissions adviser at Academy of Learning.

"You can't get a job as a medical office assistant or an IT network administrator without the right education and credentials."

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

It offers career training in the main areas

of health care, office administration, accounting, IT and web design.

Academy of Learning offers dozens of diploma and certificate programs, with an overall graduate employment rate of 97 per cent, says Sylvester.

"Ninety-seven per cent of graduates from the 2011-2012 academic year found jobs in the areas they trained for," says Sylvester.

At Academy of Learning, a one-year program is equivalent to a normal two-year program at a semester-based college.

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Certificate in Christian Discipleship

Diploma – Two Years

Diploma in Christian Leadership
Diploma in Theatre Arts
(Playhouse North School of Theatre)

Degree – Three Years

Bachelor of Religious Studies

Degree – Four Years

Bachelor of Arts in Human Services
Applied Behaviour Science
Child & Youth Care

Bachelor of Arts in Leadership Development

Ministry Foundations
Intercultural Studies
Intercultural Studies (TESOL minor)
Theatre Arts
Pastoral Leadership
Youth Leadership

Bachelor of Arts in Music
Church Music
Contemporary Performance

Bachelor of Arts in Theology
Biblical Studies
Christian Spirituality
Systematic Theology



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Keeping their program offerings in line with national and provincial employment trends, ABM has the career training you are looking for to get you into the field you desire.

"Our aim is to provide expertise in the realms of health care, technological, and administrative education," says Dr. Mohammed Baten, president and CEO of ABM College.

"Because of the ever-changing and

dynamic Canadian workforce, ABM College aims to equip students with the skills necessary to ensure future success."

ABM also offers training in health care aide, medical office assistant, accounting and payroll administration and business administration courses.

And because many ABM students come from international backgrounds, they also offer an in-depth ESL program, free of charge, to supplement a students'

education and ensure success in communication.

"ABM understands the dynamics of Canadian cultural makeup and has reflected that in its teaching faculty more than any other local college," says Baten.

"We are a college with a definite vision, to be the best and put students first."

ABM offers personalized career guidance to its students to make sure they enter into their chosen career path as

smoothly as possible and have the very best support to make this happen.

"Our programs are exceptional in the sense that we provide a high standard of education that empowers students to become independent and well-equipped individuals ready for the workforce," says Baten.

For more information about the programs available at ABM College, visit abmcollege.com.



COLUMBIA COLLEGE PHOTO

BOOK A DENTAL APPOINTMENT AT COLUMBIA

Save money and help a student during the patient care clinic at Columbia College. From mid-November to mid-December, make an appointment to see a dental assistant professional student for only \$10.

"Oral hygiene is a large focus of the appointment, so not only will the patient receive treatment, they will receive instruction and education to help with issues they may be facing with their oral health," says Carey Thomson RDA, program chair, Dental Health Department at Columbia College.

"We have very dedicated and well-educated staff here in our program, as well as very dedicated students, so the care that patients receive is excellent."

Each appointment takes about three hours and may include polish, fluoride, X-rays, and/or sealants.

If X-rays are taken, patients will be able to take them home or to their regular dental office.

A dentist will be on site at all times during the appointments. The dentist will perform a limited oral exam of each patient to determine whether they are a good candidate for the appointment. These clinics, held twice a year, assists students in working within a dental setting.

"Our clinic runs every six months so patients have the option for treatment intervals with our 'recall' system," says Thomson.

This clinic is a part of the dental assistant professional program, which is 28 weeks in length, including a practicum.

The dental assistant professional program has two intakes per year.

For more information, visit columbia.ab.ca.

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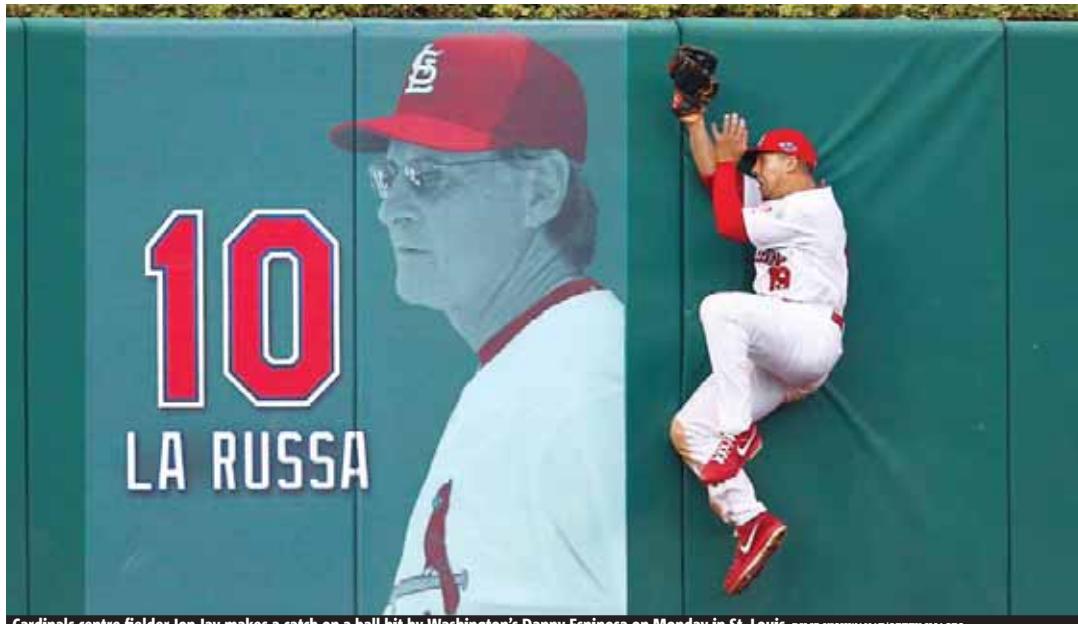
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4 SPORTS

36

SPORTS

metronews.ca
Tuesday, October 9, 2012

Cardinals centre-fielder Jon Jay makes a catch on a ball hit by Washington's Danny Espinosa on Monday in St. Louis. DILIP VISHWANAT/GETTY IMAGES

Answering the call of fall in St. Louis

MLB. Cardinals show championship resolve in 'must-win game' against Nationals

Three hits and an excruciating loss one day, double-digit runs and a laugher the next. The St. Louis Cardinals have been that type of team all season.

The defending World Series champions tied their NL division series with Washington at one game apiece by doing what they do best — forgetting about what happened the day before and concentrating on the game at hand. They lost the division series and NLCS openers last year, and look how that turned out.

Carlos Beltran hit the last



two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmerman early in a 12-4 rout of the Nationals on Monday.

"We know this offence has the potential to do this," Cardinals rookie manager Mike Matheny said. "It was nice to see this, and hopefully it becomes contagious and the guys just keep going."

Daniel Descalso and Allen Craig also went deep to help

the Cardinals build a big lead that compensated for a two-inning start from an ailing Jaime Garcia. Craig hit his fifth career post-season homer and scored three times.

"If we get things going, we feel like we can carry the team," Craig said. "As you saw tonight, we put a lot of good swings on the ball and really drove the ball. It was a lot of fun."

Ryan Zimmerman and Adam LaRoche hit consecutive homers in the fifth for the Nationals, who head home for the remainder of the best-of-five series. But the NL East champions are without all-star ace Stephen Strasburg, shut down for the rest of the season early last month to protect his surgically repaired arm.

"I miss him not experiencing this with us and he misses

not experiencing it with us," Nationals manager Davey Johnson said. "But we did the right thing, there's no question."

"He'd have been the guy that opened the series."

Garcia was taken out with a shoulder injury and sent for an MRI exam. The left-hander missed two months this season with shoulder fatigue.

Game 3 is Wednesday afternoon at Nationals Park, the first post-season contest in the nation's capital since the original Senators played the New York Giants in the 1933 World Series. Edwin Jackson starts for Washington against Cardinals ace Chris Carpenter, who made only three starts this regular season because of injury.

"Today, for us, was a must-win game," Beltran said.

THE ASSOCIATED PRESS

MLB. Orioles get back on level terms with Yankees

Rookie Wei-Yin Chen out-pitched 40-year-old Andy Pettitte, and the Baltimore Orioles beat the New York Yankees 3-2 Monday night to even their AL division series at one game apiece.

Chris Davis drove in two runs for the Orioles, who used the same formula that got them into the post-season for the first time in 15 years: A magnificent bullpen and an ability to win tight games. Baltimore was 29-9 in one-run decisions during the regular season and 74-0 when leading after seven innings.

Major league saves leader



Jim Johnson, roughed up for five runs in a Game 1 loss, pitched a perfect ninth to close it out.

Game 3 of the best-of-five series is Wednesday at Yankee Stadium. THE ASSOCIATED PRESS

MLB

Lincecum falls down depth chart in San Francisco

Left-hander Barry Zito will start Game 4 for the San Francisco Giants if they can extend their NL division series against the Cincinnati Reds.

Two-time Cy Young Award winner Tim Lincecum? He's staying in the bullpen. The Giants trail 2-0 in the best-of-five series. The Reds can finish it off Tuesday night when Homer Bailey goes against the Giants' Ryan Vogelsong (14-9). THE ASSOCIATED PRESS

Robert Griffin III felt good enough to attend something called a Rookie Success Program meeting Monday morning and seemed, by all accounts, to be doing just fine on the day after suffering his first NFL concussion.

Griffin still has to complete the league's mandated return-to-play protocol before he's cleared for practice, but his Washington Redskins teammates and coach Mike Shanahan were optimistic the Heisman Trophy winner will be able to play in this week's game against the Minnesota Vikings.

"We should find out in the next few days exactly what happens," Shanahan said.

THE ASSOCIATED PRESS

NHL

Lockout talks to remain focused on secondary issues

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday that he expects the conversation to cover secondary issues, including "health and safety, medical care, drug testing, rent, and mortgage reimbursements (and) grievances."

Talks have been limited to ancillary topics since the lockout was enacted, including during two separate sessions last week.

THE CANADIAN PRESS

NBA

Raptors get first Real test of pre-season

DeMar DeRozan poured in 18 points and John Lucas added 16 of his own Monday as the Raptors won their pre-season opener, 102-96, over Spain's Real Madrid in Toronto. Andrea Bargnani had 14 points for the Raptors, who ended the third quarter up by two before pulling away in the fourth. THE CANADIAN PRESS



Raptors forward Andrea Bargnani drives to the basket against Spain's Real Madrid on Monday night in Toronto.

TORSTAR NEWS SERVICE

NFL. Optimism surrounds concussed RG3 in D.C.



Trainers check Washington quarterback Robert Griffin III on Sunday. THE ASSOCIATED PRESS



Texans improve to 5-0 by beating Jets

New York Jets quarterback Tim Tebow, centre, is tackled by Houston Texans strong safety Glover Quin, left, and inside linebacker Bradie James on Monday night. Arian Foster ran for 152 yards and a touchdown, and the Texans stayed unbeaten by defeating the Jets for the first time in team history, hanging on for a 23-17 victory in East Rutherford, N.J. KATHY WILLIAMS/THE ASSOCIATED PRESS

Blue Bombers find their happy place in Montreal

CFL. Coach says looser attitude helped key big win against Alouettes

"Don't worry, be happy" was coach Tim Burke's message to the Winnipeg Blue Bombers this week and the result was the biggest victory of the CFL season for his struggling team.

Third-string quarterback Joey Elliott threw touchdown passes to Terrence Edwards, Chris Matthews and Rory Kohlert as the Bombers downed the East Division-leading Montreal Alouettes 27-22 Monday for their first road win in seven attempts this season.

Winnipeg (4-10), which has won twice in its last three games, saw Elliott amass 335



Bo Bowling is pulled down by Winnipeg's Alex Suber in Montreal on Monday. THE CANADIAN PRESS

passing yards on 17 completions in relief of injured starter Buck Pierce. Justin Palardy added a pair of field goals.

CFL

Chamblin down on his defence despite strong showing

Corey Chamblin is a hard man to please.

A smothering defensive performance anchored the Saskatchewan Roughriders' emphatic 36-10 road win over the Argonauts in Toronto on Monday, but

it still wasn't enough for the rookie head coach.

"I had a mandate that I wanted at least five sacks and they didn't reach it so I'm not very pleased with the defence," a straight-faced Chamblin said afterwards. "I'm not satisfied with the defence."

The offence did a good job putting points up, the defence has a way to go.... The guys always say they want to be the No. 1

defence. They have a ways to go to be the No. 1 defence."

Saskatchewan certainly played like the CFL's top defence, holding Toronto, minus starting quarterback Ricky Ray (knee) and running back Chad Kackert (ribs), to just 13 first downs, 58 yards rushing and 213 net yards. And while the Riders only registered one sack, they never let Argos QB Jarius Jackson get in sync.

THE CANADIAN PRESS

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NFL**AMERICAN CONFERENCE****EAST**

	W	L	T	Pct	PF	PA
New England	3	2	0	.600	165	99
N.Y. Jets	2	3	0	.400	98	132
Miami	2	3	0	.400	103	103
Buffalo	2	3	0	.400	118	176

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	0	0	1.000	149	79
Indianapolis	2	2	0	.500	91	110
Jacksonville	1	4	0	.200	65	138
Tennessee	1	4	0	.200	88	181

NORTH

	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	130	102
Cincinnati	3	2	0	.600	125	129
Pittsburgh	2	2	0	.500	93	89
Cleveland	0	5	0	.000	102	139

WEST

	W	L	T	Pct	PF	PA
San Diego	3	2	0	.600	124	102
Denver	2	3	0	.400	135	114
Oakland	1	3	0	.250	67	125
Kansas City	1	4	0	.200	94	145

WEEK 5**Monday's result**

Houston 23 N.Y. Jets 17

Sunday's results

Baltimore 9 Kansas City 6

Atlanta 24 Washington 17

Pittsburgh 16 Philadelphia 14

Indianapolis 30 Green Bay 27

N.Y. Giants 41 Cleveland 27

Miami 17 Cincinnati 13

Seattle 16 Carolina 12

Chicago 41 Jacksonville 3

San Francisco 45 Buffalo 3

Minnesota 30 Tennessee 7

New England 31 Denver 21

New Orleans 31 San Diego 24

Thursday's result

St. Louis 17 Arizona 3

GOLF**PGA—SHRINER'S OPEN**

At Las Vegas

Par 71

Final Round

Ryan Moore, \$810,000	61-68-65-66-260
Brendon de Jonge, \$486,000	62-66-66-67-261
Jonas Blixt, \$306,000	64-64-66-70-264
Jason Day, \$216,000	69-68-64-65-266
Bill Lunde, \$180,000	67-69-67-66-269
Richard H. Lee, \$156,375	66-68-71-65-270
Scott Piercy, \$156,375	67-66-73-64-271
Blake Adams, \$135,000	65-70-68-68-271
Jason Bohn, \$135,000	71-66-64-70-271
Tim Herron, \$112,500	63-68-68-73-272
Jimmy Walker, \$112,500	67-66-66-73-272
Nick Watney, \$112,500	66-66-71-69-272
Bobby Gates, \$72,500	70-67-66-70-273
Mathew Goggin, \$72,500	69-69-70-66-273
John Hub, \$72,500	63-69-72-69-273
Cole Knost, \$72,500	68-67-66-72-273
Russell Knob, \$72,500	66-67-68-72-273
Jeff Overton, \$72,500	70-66-68-69-273
Heath Slocum, \$72,500	67-67-74-65-273
Brendan Steele, \$72,500	69-67-70-67-273
Michael Thompson, \$72,500	70-66-68-69-273
Angel Cabrera, \$39,488	68-70-67-69-274
Bob Estes, \$39,488	69-68-68-69-274
Robert Garrigus, \$39,488	66-68-68-69-274
John Mallinger, \$39,488	70-65-72-67-274
Kevin Na, \$39,488	68-66-70-70-274
Patrick Reed, \$39,488	65-69-70-70-274
Kevin Streelman, \$39,488	68-67-68-71-274
Josh Teater, \$39,488	70-65-67-72-274
David Hearn, \$29,250	68-70-69-68-275

38

SPORTS

NFL**AMERICAN CONFERENCE****EAST**

	W	L	T	Pct	PF	PA
Philadelphia	3	2	0	.600	80	99
N.Y. Giants	2	3	0	.400	98	132
Miami	2	3	0	.400	103	103
Buffalo	2	3	0	.400	118	176

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	0	0	1.000	148	79
Tampa Bay	1	3	0	.333	82	91
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Minnesota	4	1	0	.800	120	78
Chicago	4	1	0	.800	149	71
Green Bay	2	3	0	.400	120	111
Detroit	1	3	0	.250	120	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	1	0	.800	94	78
San Francisco	4	1	0	.800	149	68
St. Louis	3	2	0	.600	96	94
Seattle	3	2	0	.600	86	70

WEEK 6**Thursday's game — All Times Eastern**

Pittsburgh at Tennessee, 8:20 p.m.

Sunday's games

Oakland at Atlanta, 1 p.m.

Kansas City at Tampa Bay, 1 p.m.

Indianapolis at N.Y. Jets, 1 p.m.

Cincinnati at Cleveland, 1 p.m.

Detroit at Philadelphia, 1 p.m.

St. Louis at Miami, 1 p.m.

Dallas at Baltimore, 1 p.m.

Buffalo at Arizona, 4:05 p.m.

New England at Seattle, 4:05 p.m.

N.Y. Giants at San Francisco, 4:25 p.m.

Minnesota at Washington, 4:25 p.m.

Green Bay at Houston, 8:20 p.m.

Monday, Oct. 15

Denver at San Diego, 8:30 p.m.

ENGLAND — PREMIER LEAGUE**Sunday's results**

Southampton 2 Fulham 2
Liverpool 0 Stoke City 0
Tottenham 2 Aston Villa 0
Manchester United 3 Newcastle 0
FRANCE — LIGUE 1
Sunday's results
Brest 1 Bordeaux 1
Lorient 1 Lyon 1
Marseille 2 Paris Saint-Germain 2
GERMANY — BUNDESLIGA
Sunday's results
Borussia Moenchengladbach 2 Frankfurt 0
Stuttgart 2 Bayer Leverkusen 2
Sam Saunders, \$16,200
Reid Edstrom, \$16,200
Will Wilcox, \$16,200
Josh Persons, \$16,200
Rome 2 Atlanta 0
Catania 2 Parma 0
Florentina 1 Bologna 0
Lazio 3 Pescara 0
Juventus 2 Siena 1
Cagliari 1 Torino 0
Inter Milan 1 AC Milan 0
Napoli 2 Udinese 1
Genoa 7,880
Stuart Anderson, \$7,880
Doe Durant, \$7,880
Michael Putnam, \$7,880
Brad Fritsch, \$7,880
D.J. Brigman, \$7,880
Robert Streb, \$4,800
Adam Hadwin, \$4,800

SOCER**NATIONAL CONFERENCE****EAST**

	W	L	T	Pct	PF	PA
Philadelphia	3	2	0	.600	80	99
N.Y. Giants	2	3	0	.400	98	132
Miami	2	3	0	.400	103	103
Buffalo	2	3	0	.400	118	176

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	0	0	1.000	148	79
Tampa Bay	1	3	0	.333	82	91
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Minnesota	4	1	0	.800	120	78
Chicago	4	1	0	.800	149	71
Green Bay	2	3	0	.400	120	111
Detroit	1	3	0	.250	120	114

WEST

	W	L	T	Pct</th
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Horoscopes

♈ Aries

March 21 - April 20

What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

♉ Taurus

April 21 - May 21

Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

♊ Gemini

May 22 - June 21

If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own — and they may not be to your liking. Why not just leave things as they are?

♋ Cancer

June 22 - July 23

Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

♌ Leo

July 24 - Aug. 23

Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any criticism.

♍ Virgo

Aug. 24 - Sept. 23

You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

♎ Libra

Sept. 24 - Oct. 23

Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

♏ Scorpio

Oct. 24 - Nov. 22

Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own benefit.

♐ Sagittarius

Nov. 23 - Dec. 21

You will learn something new about a friend today — something you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

♑ Capricorn

Dec. 22 - Jan. 20

You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

♒ Aquarius

Jan. 21 - Feb. 19

Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them.

♓ Pisces

Feb. 20 - March 20

Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy.

SALLY BROMPTON

Provinces, Cinemas, Water, and a PM

BY MICHAEL WIESENBERG

Across

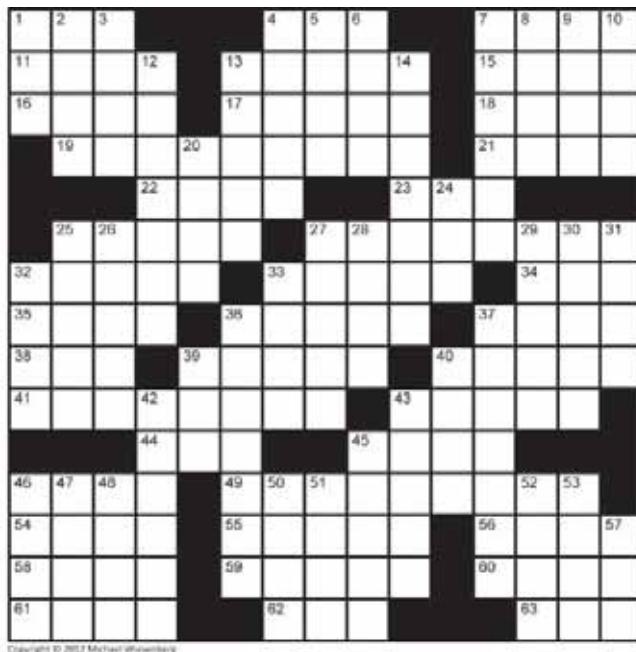
1. ___ la la
4. Bond creator Fleming
7. Unwanted email
11. Accelerator particles
13. Finished
15. Mexican restaurant fare
16. Construct
17. Charming and confident
18. National police
19. Provincial grouping, with "the"
21. "Vous ___ ici": French shopping mall map indication
22. Ready: Fr.
23. That girl
25. Gossamer
27. Cinemas
32. Light-colored, as hair
33. Judge's domain
34. Galena or cinnabar
35. Where Ontario, Québec, and the Maritimes are located
36. "Water Lilies" painter Claude
37. Raymond ___: New Westminster, BC-born Perry Mason portrayer
38. Adam's mate
39. Acts gloomy
40. Aladdin character voiced by Robin Williams
41. One of Winnipeg's main waterways (2 wds.)
43. Gives money (to)
44. Cherry tree chopper
45. Result of 43-Across
46. Russian leader before 1917
49. See 43-Down (2 wds.)

54. Ireland, to its natives

55. Teheran resident
56. Slave away
58. Summer drinks
59. Appellations
60. Ripped
61. Chair or bench
62. "N'est ce ___?": "Isn't that so?"
63. Flanders of The Simpsons

Down

1. ___ Horton's
2. Wander
3. Ottawa-born My Way singer-composer Paul
4. Some Yukon natives
5. Eve's mate
6. Guelph, Ontario-born Scream star Campbell
7. Sesame ___: kids' educational show
8. Agreement
9. #1 position
10. Spill cleaners
12. Biblical tempter of 38-Across
13. "Poly" add-on
14. Baked Alaska or baklava
20. Angered
24. Medicine ___, AB
25. NWT's Great ___ Lake
26. ___ down: washed, as a driveway
27. Printer need
28. Tints
29. ___ of golf: 18 holes, say
30. "To ___ human, to forgive divine" (2 wds.)
31. Devoid of moisture

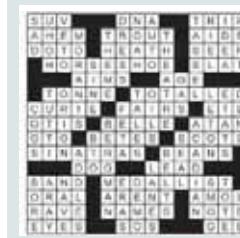


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32. Molson's, say
33. Contend with difficulties
36. Takes residence (2 wds.)
37. R.B. ___: 11th Prime Minister (1930-35)
39. Blend together
40. Sport needs
42. Hardest to come by
43. With 49-Across, 12th Prime Minister (1948-57)

45. Country roads
46. Afternoon cupfuls
47. Coleslaw or fries, say
48. Acreage
50. Canadian Open hazard
51. Dalai ___: chief Tibetan monk
52. Midday
53. Exhaust
57. ___ Zeppelin of rock

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

8	3	5	7	9	1	2	4	6
7	1	6	2	4	8	9	3	5
9	2	4	3	5	6	8	1	7
5	7	8	4	2	3	6	9	1
2	9	1	6	8	7	4	5	3
4	6	3	9	1	5	7	2	8
3	4	7	1	6	9	5	8	2
1	5	2	8	7	4	3	6	9
6	8	9	5	3	2	1	7	4

4			1					
2			3	7	5			
9	8		6					
7	6	2				8		
3							9	
								9
9							6	4
							5	3
7							7	

Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 14°
MIN: 2°



MAX: 4°
MIN: 3°



MAX: 5°
MIN: 3°



ANDREW SCHULTZ
METEOROLOGIST

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